

ALWAYS walk for a minimum of 5 minutes warmup / 5 minutes cool down.

This schedule is based on a run/walk interval to start. Ex: "4x Run 1 min / Walk 2 min" = Run 1 minute, then walk for 2 and repeat 4 times. You may adjust your run/walk minutes anytime.

Always carry water with you.

Rest Days. Rest is critical to your recovery and injury prevention.

Cross Training is anything that is active and not running, such as biking, hiking, swimming, etc., and is an aerobic activity.

ALWAYS stretch after your workout.

TRAIN FOR A 5K

NOTE: This schedule is geared toward the beginner runner and is intended to help you train for the 5K distance. If doing the entire triathlon, your schedule would differ as biking and swimming will be part of your training plan.

RUN

101 W. MCKNIGHT WAY SUITE C | GRASS VALLEY | CALIFORNIA 95949 | 530.274.4422

Barbara Schmidt Millar Triathlon RUN TRAINING SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7/22/2019	REST	Warm up 4x Run 1 Min Walk 2 Mins Cool Down	CROSS TRAIN	Warm up 5x Run 1 Min Walk 2 Mins Cool Down	REST	Warm up Walk Brisk 20 Minutes Cool Down	REST
7/29/2019	REST	Warm up 4x Run 2 Mins Walk 2 Mins Cool Down	CROSS TRAIN	Warm up 5x Run 2 Mins Walk 2 Mins Cool Down	REST	Warm up Walk Brisk 25 Minutes Cool Down	REST
8/05/2019	REST	Warm up 3x Run 3 Mins Walk 2 Mins Cool Down	CROSS TRAIN	Warm up 4x Run 3 Mins Walk 2 Mins Cool Down	REST	Warm up Walk Brisk 30 Minutes Cool Down	REST
8/12/2019	Warm up 2x Run 4 Mins Walk 2 Mins Cool Down	Warm up 3x Run 4 Mins Walk 2 Mins Cool Down	CROSS TRAIN	Warm up 3x Run 5 Mins Walk 2 Mins Cool Down	REST	Warm up Walk Brisk 35 Minutes Cool Down	REST
8/19/2019	Warm up 2x Run 6 Mins Walk 2 Mins Cool Down	Warm up 2x Run 6 Mins Walk 2 Mins Cool Down	CROSS TRAIN	Warm up 3x Run 6 Mins Walk 2 Mins Cool Down	REST	Warm up Walk Brisk 40 Minutes Cool Down	REST
8/26/2019	Warm up 1x Run 8 Mins Walk 2 Mins Cool Down	Warm up 2x Run 8 Mins Walk 2 Mins Cool Down	CROSS TRAIN	Warm up 3x Run 8 Mins Walk 2 Mins Cool Down	REST	Warm up Run 20 Minutes Cool Down	REST
9/02/2019	Warm up 1x Run 10 Mins Walk 1 Min Cool Down	Warm up 2x Run 10 Mins Walk 1 Min Cool Down	CROSS TRAIN	Warm up 3x Run 10 Mins Walk 1 Min Cool Down	REST	Warm up Run 25 Minutes Cool Down	REST
9/09/2019	REST	Warm up Run 25 Minutes Cool Down	REST	Warm up Run 20 Minutes Cool Down	REST	REST	09/15/19 RACE DAY