


# Buck Creek Run 5K Walk Training Schedule May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Rest	15 Minute Walk	Crosstrain 20-30 minutes	15 Minute Walk	Rest	Crosstrain 20-30 minutes	15 minute walk
17	18	19	20	21	22	23
Rest	20 Minute Walk	Crosstrain 20-30 minutes	20 Minute Walk	Rest	Crosstrain 20-30 minutes	25 Minute Walk
24	25	26	27	28	29	30
Rest	 25 Minute Walk	Crosstrain 20-30 minutes	20 Minute Walk	Rest	Crosstrain 20-30 minutes	25 Minute Walk
31	1	NOTES				
Rest						

# Buck Creek Run 5K Walk Training Schedule June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	20 Minute Walk	Crosstrain 20-30 minutes	25 Minute Walk	Rest	Crosstrain 20-30 minutes	30 Minute Walk
7	8	9	10	11	12	13
Rest	25 Minute Walk	Crosstrain 20-30 minutes	25 Minute Walk	Rest	Crosstrain 20-30 minutes	35 Minute Walk
14	15	16	17	18	19	20
Rest	30 Minute Walk	Crosstrain 20-30 minutes	30 Minute Walk	Rest	Crosstrain 20-30 minutes	40 Minute Walk
21	22	23	24	25	26	27
Rest	30 Minute Walk	Crosstrain 20-30 minutes	30 Minute Walk	Rest	Crosstrain 20-30 minutes	
28	29	30	1	2	3	4
5	6	NOTES				