

Buck Creek Run 5K Training Schedule May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Rest	Run/Walk 1 Mile	Crosstrain or Rest	6:30 Meet at Striders 1 Mile Run	Rest	1.5 Mile Run	20-30 minute run or crosstrain
20	21	22	23	24	25	26
Rest	1.5 Mile Run	Crosstrain or Rest	6:30 Meet at Striders 1.5 Mile Run	Rest	1.75 Mile Run	20-30 minute run or crosstrain
27	28	29	30	31	1	2
Rest	 2 Mile Run	Crosstrain or Rest	6:30 Meet at Striders 2 Mile Run	Rest		
3	4	NOTES				

Buck Creek Run 5K Training Schedule June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
			6:30 Meet at Striders 2 Mile Run	Rest	2.25 Mile Run	20-30 minute run or crosstrain
3	4	5	6	7	8	9
Rest	2.5 Mile Run	Crosstrain or Rest	6:30 Meet at Striders 2.5 Mile Run	Rest	2.5 Mile Run	20-30 minute run or crosstrain
10	11	12	13	14	15	16
Rest	2.75 Mile Run	Crosstrain or Rest	6:30 Meet at Striders 2.75 Mile Run	Rest	2.75 Mile Run	25-35 minute run or crosstrain
17	18	19	20	21	22	23
Rest	3 Mile Run	Crosstrain	6:30 Meet at Striders 3 Mile Run	Rest	3 Mile Run	35 - 40 minute run or crosstrain
24	25	26	27	28	29	30
Rest	3 Mile Run	Crosstrain or Rest	3 Mile Run	Rest	1 Mile Run	
1	2	NOTES				