

Buck Creek Run 5K Training Schedule May 2019

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

Buck Creek Run 5K Training Schedule June 2019

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