


Buck Creek Run 5K Walk 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	15 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 15 Minute Walk	Rest	Crosstrain 20-30 minutes	15 minute walk
19	20	21	22	23	24	25
Rest	20 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 20 Minute Walk	Rest	Crosstrain 20-30 minutes	25 Minute Walk
26	27	28	29	30	31	1
Rest	 25 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 20 Minute Walk	Rest		
2	3	NOTES				

Buck Creek Run 5K Walk Training Schedule June 2019

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