



8 WEEKS TO RUNNING YOUR THANKSGIVING 5K

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
Week 1	OFF	5 min walk. 50 second run 90 second walk Repeat 4 times. 5 min walk	OFF or CROSSTRN	OFF	5 min walk. 70 second run 90 sec walk Repeat 5 times. 5 min walk	OFF or CROSSTRN	5 min walk. 90 second run 1 minute walk Repeat 5 times. 5 min walk
	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
Week 2	OFF	5 min walk. 110 sec run 1 minute walk Repeat 5 times. 5 min walk	OFF or CROSSTRN	OFF	5 min walk. 150 second run 1 minute walk Repeat 5 times. 5 min walk	OFF or CROSSTRN	5 min walk. 3 minute run 1 minute walk Repeat 4 times. 5 min walk
	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Week 3	OFF	5 min walk. 3 minute run 45 second walk Repeat 5 times. 5 min walk	OFF or CROSSTRN	OFF	5 min walk. 4 minute run 45 second walk Repeat 4 times. 5 min walk	OFF or CROSSTRN	5 min walk. 4 minute run 30 second walk Repeat 5 times. 5 min walk
	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
Week 4	OFF	5 min walk. 5 minute run 30 second walk Repeat 4 times. 5 min walk	OFF or CROSSTRN	OFF	5 min walk. 5 minute run 20 second walk Repeat 5 times. 5 min walk	OFF or CROSSTRN	5 min walk. 6 minute run 30 second walk Repeat 4 times. 5 min walk
	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
Week 5	OFF	5 min walk. 6 minute run 20 second walk Repeat 5 times. 5 min walk	OFF or CROSSTRN	OFF	5 min walk. 7 minute run 30 second walk Repeat 3 times. 5 min walk	OFF or CROSSTRN	5 min walk. 8 minute run 15 second walk Repeat 3 times. 5 min walk
	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
Week 6	OFF	5 min walk. 2 mile run (no stop) 5 min walk	OFF or CROSSTRN	OFF	5 min walk. 10 minutes run 45 second walk Repeat 3 times. 5 min walk	OFF or CROSSTRN	5 min walk. 2.5 mile run (no stop) 5 min walk
	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
Week 7	OFF	5 min walk. 15 minutes run 45 second walk Repeat 2 times. 5 min walk	OFF or CROSSTRN	OFF	5 min walk. 15 minutes run 30 second walk Repeat 2 times. 5 min walk	OFF or CROSSTRN	5 min walk. 30 minute run 5 min walk
	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
RACE WEEK!	OFF	5 min walk 2 Mile slow shake-out run 5 min walk	OFF or CROSSTRN	OFF	RACE DAY and EAT TURKEY	OFF	OFF