

5K Training Plan



Stay healthy & active while sheltering-in-place. We can do this!

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Run/walk 10 minutes	Cross Train	Run/walk 15 minutes	Cross Train	Rest	1 mile	Rest
2	Run/walk 15 minutes	Cross Train	Run 20 minutes	Cross Train	Rest	1.5 miles	Rest
3	Run 20 minutes	Cross Train	Run 25 minutes	Cross Train	Rest	2 miles	Rest
4	Run 30 minutes	Cross Train	Run 30 minutes	Cross Train	Rest	3 miles	Rest
5	Run 30 minutes	Cross Train	Run 30 minutes	Cross Train	Rest	RACE DAY!	Congrats - you did it!

Cross Training Ideas while sheltering-in-place:

- **Yoga:** Yoga helps build stronger healthier muscles. It also improves breathing, balance, and flexibility.
- **Cycling:** Biking around your neighborhood is a great workout for building leg, hip, and core strength.
- **Dance/Aerobics:** You'll find many online classes that are great cardio and hip-stabilizing workouts.
- **Soccer Drills:** Obviously something you're already doing everyday: Dribble, passing, juggling & shooting!

See you (virtually) at the 5K June 6-7! Remember to tag #RunForGirlsUnite

<https://girlsunite.org/5k>