



L + M Hospital Spring Stride HMF Events 5K Walk/Run Training



Weeks to Race	Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
6	25-Mar	Rest	Walk 2 1/2 minutes, Run 5 Minutes. Repeat three times. Total Time: 30 Minutes	Rest	Walk 2 1/2 minutes, Run 5 Minutes, Repeat three times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 2 1/2 minutes, Run 5 Minutes, Repeat three times. Total Time: 30 Minutes	Walk 30 Minutes								
5	1-Apr	Rest	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes	Rest	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes	Walk 30 Minutes	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes	Walk 30 Minutes								
4	8-Apr	Rest	Walk 1 minutes, Run 9 minutes. Repeat Two more times. Total Time: 30 minutes	Rest	Walk 1 minutes, Run 9 minutes. Repeat Two more times. Total Time: 30 minutes	Walk 30 Minutes	Walk 1 minutes, Run 9 minutes. Repeat Two more times. Total Time: 30 minutes	Walk 30 Minutes								
3	15-Apr	Rest	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	Rest	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	Walk 30 Minutes	Walk 2 minutes, Run 7 minutes. Repeat two more times. Total Time: 30 Minutes	Walk 30 Minutes								
2	22-Apr	Rest	Walk 1 minute, Run 14 minutes. Repeat once. Total Time: 30 minutes	Rest	Walk 1 minute, Run 14 minutes. Repeat once. Total Time: 30 minutes	Walk 30 Minutes	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	Walk 30 Minutes								
1	29-Apr	Rest	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	Rest	Walk 2 minutes, Run 13 minutes. Repeat once. Total Time: 30 minutes	Rest	Race Day!	Rest								
		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 15px; background-color: #d9ead3;"></td> <td>Base Building</td> </tr> <tr> <td style="width: 20px; height: 15px; background-color: #d9ead3;"></td> <td>Taper</td> </tr> <tr> <td style="width: 20px; height: 15px; background-color: #f4cccc;"></td> <td>Race Day</td> </tr> <tr> <td style="width: 20px; height: 15px; background-color: #fff2cc;"></td> <td>Recovery</td> </tr> </table>								Base Building		Taper		Race Day		Recovery
	Base Building															
	Taper															
	Race Day															
	Recovery															

Note: This is a basic progressive training schedule. Your actual mileage may vary!