



HMF Events 5K Walk/Run Training (Alternate Walk/Run)



Weeks to Race	Week of:	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6	1-Jun	Walk 2 minutes, Run 2 minutes. Repeat for a total time of 30 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Walk 2 minutes, Run 2 minutes. Repeat for a total time of 30 minutes	Rest	Walk 2 minutes, Run 2 minutes. Repeat for a total time of 30 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Rest
5	8-Jun	Walk 2 minutes, Run 2 1/2 minutes. Repeat for a total time of 35 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Walk 2 minutes, Run 2 1/2 minutes. Repeat for a total time of 35 minutes	Rest	Walk 2 minutes, Run 2 1/2 minutes. Repeat for a total time of 35 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Rest
4	15-Jun	Walk 2 minutes, Run 3 minutes. Repeat for a total time of 40 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Walk 2 minutes, Run 3 minutes. Repeat for a total time of 40 minutes	Rest	Walk 2 minutes, Run 3 minutes. Repeat for a total time of 40 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Rest
3	22-Jun	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 45 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 45 minutes	Rest	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 45 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Rest
2	29-Jun	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 45 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 45 minutes	Rest	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 40 minutes	Walk, Cross-Train (30-40 minutes) or Rest	Rest
1	6-Jul	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 35 minutes	Rest	Walk 2 minutes, Run 4 minutes. Repeat for a total time of 30 minutes	Rest	Walk, Cross-Train (30-40 minutes) or Rest	Rest	Rest
1	13-Jul	Race Day!						
		Base Building						
		Taper						
		Race Day						
		Recovery						

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