# HMF Events 5K Walk/RunTraining
# (Alternate Walk/Run)

| Weeks to Race | Week of: | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|---|---|
| 6 | 1-Jun | Rest | 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 |
| 5 | 8-Jun | 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 | 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 |
| 4 | 15-Jun | Rest | 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 |
| 3 | 22-Jun | Rest | 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 |
| 2 | 29-Jun | Rest | 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 |
| 1 | 6-Jul | Rest | 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 |
| 1 | 13-Jul | **Race Day!** | | | | | | |

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| | *Base Building* |
| | *Taper* |
| | *Race Day* |
| | *Recovery* |

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