



## Hartford Marathon Foundation 5K Training (All Run or All Walk)



Weeks to Race	Week of:	Sunday	Monday (Group)	Tuesday	Wednesday	Thursday	Friday	Saturday
6	2-Jun	Rest	30 Minutes (walk or run)	Cross-Train (30-40 minutes) or Rest	30 minutes	Rest	30 minutes	Cross-Train (30-40 minutes) or Rest
5	9-Jun	Rest	35 Minutes	Cross-Train (30-40 minutes) or Rest	35 minutes	Rest	35 minutes	Cross-Train (30-40 minutes) or Rest
4	16-Jun	Rest	40 Minutes	Cross-Train (30-40 minutes) or Rest	40 minutes	Rest	40 minutes	Cross-Train (30-40 minutes) or Rest
3	23-Jun	Rest	45 Minutes	Cross-Train (30-40 minutes) or Rest	45 minutes	Rest	45 minutes	Cross-Train (30-40 minutes) or Rest
2	30-Jun	Rest	45 Minutes	Cross-Train (30-40 minutes) or Rest	45 Minutes	Rest	40 minutes	Cross-Train (30-40 minutes) or Rest
1	7-Jul	Rest	35 Minutes	Rest	30 minutes	Rest	Rest	Race Day!
		Base Building						
		Taper						
		Race Day						
		Recovery						

Note: Best suited for those who have been running at least 2-3 times per week for 20-30 minutes for at least 4 months.