



TRAINING GUIDES

in partnership with



All of our training guides in one place to help you keep pushing forward.
Choose from a 2 mile, 5k, 5 mile, 10k or half marathon and a 1 mile guide for the kiddos.

1 Mile

1 MILE - SIX WEEK GUIDE

WEEK OF	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1			Walk 5 min. Jog 3 min. Walk 2 min.		Walk 5 min. Jog 3 min. Walk 2 min. Jog 3 min.		Off
WEEK 2	Walk 5 min. Jog 5 min. Walk 5 min		Walk 5 min. Jog 5 min. Walk 3 min. Jog 3 min.		Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min.		Off
WEEK 3	Walk 5 min. Jog 7 min. Walk 5 min.		Walk 5 min. Jog 7 min. Walk 3 min. Jog 5 min.		Walk 5 min. Jog 7 min. Walk 3 min. Jog 7 min.		Off
WEEK 4	Walk 5 min. Jog 10 min. Walk 5 min.		Walk 5 min. Jog 7 min. Walk 2 min. Jog 7 min.		Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min. Walk 5 min.		Off
WEEK 5	Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min.		Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min. Walk 2 min. Jog 5 min.		Walk 5 min. Jog 10 min. Walk 5 min. Jog 5 min. Walk 2 min. Jog 5 min.		Off
WEEK 6	Walk 5 min. Jog 15 min. Walk 5 min.		Walk 5 min. Jog 15 min.		Walk 10 min. Jog 5 min.		Off

Parents, consult your pediatrician prior to your child beginning any exercise program.



2 Mile

2 MILE - SIX WEEK GUIDE

WEEK OF	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	Get Motivated!	.5 Mile	Cross Train	.5 Mile	Cross Train	.5 Mile	Rest
WEEK 2	Cross Train	.75 Mile	Cross Train	.75 Mile	Cross Train	.75 Mile	Rest
WEEK 3	Cross Train	1 Mile	Cross Train	1 Mile	Cross Train	1 Mile	Rest
WEEK 4	Cross Train	1.5 Miles	Cross Train	1.5 Miles	Cross Train	1.5 Miles	Rest
WEEK 5	Cross Train	2 Miles	Cross Train	2 Miles	Cross Train	2 Miles	Rest
WEEK 6	Cross Train	1.5 Miles	Cross Train	1 Mile	Cross Train	Race Day!	Rest

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5k

5K - EIGHT WEEK GUIDE

WEEK OF	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	Walk 3 Min. Run 2 Min. (Repeat 4x)	Rest	Walk 3 Min. Run 2 Min. (Repeat 4x)	Rest	Walk 3 Min. Run 2 Min. (Repeat 4x)	Rest	Walk 3 Min. Run 2 Min. (Repeat 5x)
WEEK 2	Rest	Walk 2 Min. Run 3 Min. (Repeat 5x)	Rest	Walk 2 Min. Run 3 Min. (Repeat 5x)	Rest	Walk 2 Min. Run 3 Min. (Repeat 5x)	Rest
WEEK 3	Run 4 Min. Walk 2 Min. (Repeat 6x)	Cross Train	Run 4 Min. Walk 2 Min. (Repeat 6x)	Cross Train	Run 4 Min. Walk 2 Min. (Repeat 6x)	Rest	Run 4 Min. Walk 2 Min. (Repeat 6x)
WEEK 4	Rest	Run 4 Min. Walk 1 Min. (Repeat 7x)	Cross Train	Run 4 Min. Walk 1 Min. (Repeat 7x)	Cross Train	Run 4 Min. Walk 1 Min. (Repeat 7x)	Rest
WEEK 5	Run 5 Min. Walk 1 Min. (Repeat 7x)	Cross Train	Run 5 Min. Walk 1 Min. (Repeat 8x)	Cross Train	Run 5 Min. Walk 1 Min. (Repeat 8x)	Rest	Run 5 Min. Walk 1 Min. (Repeat 8x)
WEEK 6	Rest	Run 5 Min. Walk 1 Min. (Repeat 9x)	Cross Train	Run 5 Min. Walk 1 Min. (Repeat 9x)	Cross Train	Run 5 Min. Walk 1 Min. (Repeat 9x)	Rest
WEEK 7	Run 5 Min. Walk 1 Min. (Repeat 10x)	Cross Train	Run 5 Min. Walk 1 Min. (Repeat 10x)	Cross Train	Run 5 Min. Walk 1 Min. (Repeat 10x)	Rest	Run 5 Min. Walk 1 Min. (Repeat 10x)
WEEK 8	Rest	Run 5 Min. Walk 1 Min. (Repeat 10x)	Rest	Run 5 Min. Walk 1 Min. (Repeat 8x)	Rest	Event Day (Have fun!)	Rest

Before beginning any exercise program, visit your doctor for a complete physical. All training runs should be done at a conversational pace. *Cross-training is optional but highly recommended.* Cross-training includes swimming, cycling, spinning, rowing, strength training or walking. Cross-training sessions are 30-45 minutes at an easy to moderate intensity level.



5 Mile

5 MILE - SIX WEEK GUIDE

WEEK OF	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	Get Motivated!	1 Mile	Cross Train	1.5 Miles	Cross Train	1.5 Miles	Rest
WEEK 2	Cross Train	2 Miles	Cross Train	2 Miles	Cross Train	2.5 Miles	Rest
WEEK 3	Cross Train	2.5 Miles	Cross Train	3 Miles	Cross Train	3 Miles	Rest
WEEK 4	Cross Train	3.5 Miles	Cross Train	3.5 Miles	Cross Train	4 Miles	Rest
WEEK 5	Cross Train	4 Miles	Cross Train	4.5 Miles	Cross Train	4.5 Miles	Rest
WEEK 6	Cross Train	4 Miles	Cross Train	3 Miles	Cross Train	Rest	Race Day!

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10k

10K - EIGHT WEEK GUIDE

WEEK OF	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	Get Motivated!	2 Miles	Cross Train	2.5 Miles	Cross Train	2.5 Miles	Rest
WEEK 2	Cross Train	2.5 Miles	Cross Train	2.5 Miles	Cross Train	3 Miles	Rest
WEEK 3	Cross Train	3 Miles	Cross Train	3 Miles	Cross Train	3.5 Miles	Rest
WEEK 4	Cross Train	3.5 Miles	Cross Train	3.5 Miles	Cross Train	4 Miles	Rest
WEEK 5	Cross Train	4 Miles	Cross Train	4.5 Miles	Cross Train	4.5 Miles	Rest
WEEK 6	Cross Train	4 Miles	Cross Train	4.5 Miles	Cross Train	5 Miles	Rest
WEEK 7	Cross Train	5 Miles	Cross Train	5.5 Miles	Cross Train	6 Miles	Rest
WEEK 8	Cross Train	4 Miles	Cross Train	3 Miles	Rest	Race Day!	Rest

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13 Miles

13 MILES - 13 WEEK GUIDE

WEEK OF	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	Off	3 Miles	Rest	3 Miles	Rest	3 Miles	Rest
WEEK 2	Cross Train	3 Miles	Rest	3 Miles	Rest	3.5 Miles	Rest
WEEK 3	Cross Train	3 Miles	Rest	3 Miles	Rest	4 Miles	Rest
WEEK 4	Cross Train	3.5 Miles	Rest	3.5 Miles	Rest	5 Miles	Rest
WEEK 5	Cross Train	3.5 Miles	Rest	3.5 Miles	Rest	6 Miles	Rest
WEEK 6	Cross Train	3 Miles	Cross Train	3 Miles	Rest	4 Miles	Rest
WEEK 7	Cross Train	4 Miles	Cross Train	4 Miles	Rest	7 Miles	Rest
WEEK 8	Cross Train	4 Miles	Cross Train	4 Miles	Rest	8 Miles	Rest
WEEK 9	Cross Train	4.5 Miles	Cross Train	4.5 Miles	Rest	9 Miles	Rest
WEEK 10	Cross Train	4.5 Miles	Cross Train	4.5 Miles	Rest	10 Miles	Rest
WEEK 11	Cross Train	5 Miles	Cross Train	5 Miles	Rest	12 Miles	Rest
WEEK 12	Cross Train	3 Miles	Rest	3 Miles	Rest	6 Miles	Rest
WEEK 13	Cross Train	3 Miles	Rest	3 Miles	Rest	Race Day!	Rest

Before beginning any exercise program, visit your doctor for a complete physical. All training runs should be done at a conversational pace. *Cross-training is optional but highly recommended.* Cross-training includes swimming, cycling, spinning, rowing, strength training or walking. Cross-training sessions are 45-60 minutes at an easy to moderate intensity level.