

Trecho 8 Week Intermediate 5k Plan	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 1-3					New Years Day!	Walk/Jog 10-15minutes	Resolution Run 5-10k
January 4-10	Rest	Walk/Jog 10-15minutes	Jog 10-15minutes	1 minute of calf raises 1 minute of squats 1 minute wall sit	Jog ONLY 1mile	Rest	Jog/Run 10-15min
January 11-17 (Quitters Week) Read: 1 Timothy 4:15-16	Rest	1 min jumping jacks x5 1 minute squats x5	Walk/Jog 10-15min	Rest	Jog ONLY 1.5miles	Rest	Jog/Run 15-20min
January 18-24	Rest	1 minute lunges x5 1 min high knee skips x5	Walk/Jog 15-20min	Rest	Jog ONLY 2miles	Rest	Jog/Run 20-25min
January 24-31	Rest	2 min jumping jacks x3 2 min calf raises x3 2 minute squats x3	Walk/Jog 20-25min	Rest	Jog ONLY 2.5miles	Rest	Jog/Run 25-30min
February 1-7	Rest	2 min jumping jacks x3 2 minute lunges x3 2 min high knee skips x3	Walk/Jog 25-30min	Rest	Jog ONLY 3miles	Rest	Run 25-30min
February 8-14	Rest	2 min calf raises x3 2 minute squats x3 2 minute wall sits x3	Walk/Jog 25-30min	Rest	Jog ONLY 3.5miles	Rest	Run 30-35min
February 15-21	Rest	3 min jumping jacks x2 3 minute calf raises x2 3 minute squats x2	Walk/Jog 30-35min	Rest	Jog ONLY 4miles	Rest	Jog 30-40 min
February 22-28	Rest	2 min jumping jacks x3 2 min calf raises x3 2 minute lunges x3	Walk/Jog 30-35min	Jog 30-35min	Rest	Jog 25-30min	40 Mile Finish 5/10k
Ask Yourself:							
What is your goal? A certain time? Just to finish? Just because? To beat your friend?							
DON'T over do it! Ease into the goal that you have set for yourself. Its okay to adjust as life happens as you train.							
Focus on your breathing! Deep breaths in, and controlled breaths out before, during, and after.							
Use us.mapometer.com to make known routes, it will show you how long those routes are.							
Don't be afraid to use your own neighborhood!! Even if its hilly							
Download Strava, and use your phone to track the distance that you travel each day.							
Get out and walk/jog rain or shine, comfortable or cold!							