




CLEFT SMILES

5k Family Fun Run/Walk

FEBRUARY 24, 2018 • THE WOODLANDS

8-WEEK TRAINING PLAN

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1 Jan. 1 - 7	Walk/Run 1 mile	Cross-train	Walk/Run 1 mile	Rest	Walk/Run 1.5 miles	Walk/Run 20-30 min.	Rest
Week 2 Jan. 8 - 14	Walk/Run 1.5 miles	Cross-train	Walk/Run 1.5 miles	Rest	Walk/Run 1.75 miles	Walk/Run 20-30 min.	Rest
Week 3 Jan. 15 - 21	Walk/Run 2 miles	Cross-train	Walk/Run 1.5 miles	Rest	Walk/Run 2 miles	Walk/Run 20-30 min.	Rest
Week 4 Jan. 22 - 28	Walk/Run 2.25 miles	Cross-train	Walk/Run 1.5 miles	Rest	Walk/Run 2.25 miles	Walk/Run 25-35 min.	Rest
Week 5 Jan. 29 - Feb. 4	Walk/Run 2.5 miles	Cross-train	Walk/Run 2 miles	Rest	Walk/Run 2.5 miles	Walk/Run 25-35 min.	Rest
Week 5 Feb. 5 - 11	Walk/Run 2.75 miles	Cross-train	Walk/Run 2 miles	Rest	Walk/Run 2.75 miles	Walk/Run 35-45 min.	Rest
Week 7 Feb. 12 - 18	Walk/Run 3 miles	Cross-train	Walk/Run 2 miles	Rest	Walk/Run 3 miles	Walk/Run 35-45 min.	Rest
Week 8 Feb. 19 - 25	Walk/Run 3 miles	Cross-train	Walk/Run 2 miles	Rest	Rest	Race Day! 	Rest