

5k Training Plan



Presented by:

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Fort HealthCare Integrated Family Care

This plan was developed by Fort HealthCare physical therapists to use in preparation for the Frosty Rock Challenge.

A few notes to optimize your training:

This plan is for individuals who can already run at least 1 mile.

Cross training can include anything EXCEPT running. Examples of cross training include walking, elliptical, swimming, yoga, Pilates or strength training.

Tuesday runs focus on increasing distance, so pace yourself.

Thursday runs focus on improving speed, so push yourself.

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	30 min. Cross Train	REST	1.5 Mile Run	30 min. Cross Train	1.5 Mile Run	REST	1.5 Mile Run
Week 2	30 min. Cross Train	REST	1.75 Mile Run	30 min. Cross Train	1.5 Mile Run	REST	1.75 Mile Run
Week 3	40 min. Cross Train	REST	2.0 Mile Run	40 min. Cross Train	1.5 Mile Run	REST	2.0 Mile Run
Week 4	40 min. Cross Train	REST	2.25 Mile Run	40 min. Cross Train	1.5 Mile Run	REST	2.25 Mile Run
Week 5	45 min. Cross Train	REST	2.5 Mile Run	45 min. Cross Train	1.5 Mile Run	REST	2.5 Mile Run
Week 6	45 min. Cross Train	REST	2.75 Mile Run	45 min. Cross Train	1.5 Mile Run	REST	2.75 Mile Run
Week 7	45 min. Cross Train	REST	3 Mile Run	45 min. Cross Train	1.5 Mile Run	REST	3 Mile Run
Week 8	45 min. Cross Train	REST	3 Mile Run	45 min. Cross Train	REST	REST	RACE DAY!