

MINNEAPOLIS, MN AUGUST 19, 2023

## **5K** 4 Week Training Plan

Goal:

## **Date Started:**

Wk Mon Tues Wed Thur Fri Sat Sun Run / Run / Walk Strength Walk Strength Cross 2 1 Lower Body **Upper Body** Train Rest 20 min 20 min miles Run / Run / Strength Strength Walk Walk Cross 2.5 2 Lower Body Upper Body Train miles 25 min 25 min Rest Run / Run / Strength Walk Strength Walk Cross 3 3 Lower Body 30 min Upper Body 30 min Train miles Rest Run / Run / Strength Walk Strength Walk Cross Race 4 Lower Body 20 min Upper Body 20 min Train Day Rest



**Register here** 

Training tips from Coach Jaci



www.rbcraceforthekidsmn.com