



MINNEAPOLIS, MN
AUGUST 19, 2023

5K 4 Week Training Plan

Date Started: _____ **Goal:** _____

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



Register here



Training tips from Coach Jaci



www.rbcraceforthekidsmn.com