



**MINNEAPOLIS, MN  
AUGUST 15, 2026**

# 5M 6 Week Training

**Date Started: \_\_\_\_\_ Goal: \_\_\_\_\_**

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>1</b>	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Strength Upper Body	2 miles	Rest
<b>2</b>	Strength Lower Body	Run / Walk 25 min	Rest & Stretch	Run / Walk 25 min	Strength Upper Body	2.5 miles	Rest
<b>3</b>	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Strength Upper Body	3 miles	Rest
<b>4</b>	Strength Lower Body	Run / Walk 35 min	Rest & Stretch	Run / Walk 35 min	Strength Upper Body	4 miles	Rest
<b>5</b>	Strength Lower Body	Run / Walk 40 min	Rest & Stretch	Run / Walk 40 min	Strength Upper Body	5 miles	Rest
<b>6</b>	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Strength Upper Body	Race Day	Rest



Register here



← Training tips from Coach Jaci →

[www.rbcraceforthekidsmn.com](http://www.rbcraceforthekidsmn.com)