



MINNEAPOLIS, MN
AUGUST 15, 2026

3M 4 Week Training

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