

“REBEL RUNNERS” 5K TRAINING SCHEDULE^{##}

All runs should start with a warm-up and end with a cool-down.

- **Warm-Up:** Before your run, walk 5 min. to increase blood flow to your muscles, heart, and lungs.
- **Cool-Down:** After your run, walk 5 min. to gradually bring your heart and breathing rates down.

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REST	M=minute(s) R=run/W=walk	Cross-train*	M=minute(s) R=run/W=walk	Cross-train*	REST	M=minute(s) R=run/W=walk
January 6							
January 13							
January 20		1 m R; 1 m W Repeat 10x		1 m R; 1 m W Repeat 10x			1-2 miles 1 m R; 1 m W
January 27		1 m R; 1 m W Repeat 10x		1 m R; 1 m W Repeat 10x			1.5-2 mi. (CR)** 1 m R; 1 m W
February 3		2 m R; 1 m W Repeat 8x		2 m R; 1 m W Repeat 8x			1.5 - 2 miles 2 m R; 1 m W
February 10		2 m R; 1 m W Repeat 8x		2 m R; 1 m W Repeat 8x			1.5 - 2 miles 1 m R; 1 m W
February 17		3 m R; 1 m W Repeat 7x		3 m R; 1 m W Repeat 7x			2 miles 3 m R; 1 m W
February 24		3 m R; 1 m W Repeat 7x		3 m R; 1 m W Repeat 7x			2 miles (CR)** 3 m R; 1 m W
March 3		5 m R; 1 m W Repeat 5x		5 m R; 1 m W Repeat 5x			2 miles 5 m R; 1 m W
March 10		5 m R; 1 m W Repeat 5x		5 m R; 1 m W Repeat 5x			2 miles 5 m R; 1 m W
March 17		6 m R; 1 m W Repeat 5x		6 m R; 1 m W Repeat 5x			2.0 – 2.5 miles 6 m R; 1 m W
March 24		6 m R; 1 m W Repeat 5x		6 m R; 1 m W Repeat 5x			2.0 – 2.5 miles 6 m R; 1 m W
March 31		7 m R; 2 m W Repeat 4x		7 m R; 2 m W Repeat 4x			2.5 mi. (CR)** 7 m R; 2 m W
April 7		7 m R; 2 m W Repeat 4x		7 m R; 2 m W Repeat 4x			2.5 miles 7 m R; 1 m W
April 14		10 m R; 1 m W Repeat 3x		10 m R; 1 m W Repeat 3x			2.5 – 3.0 miles 10 m R; 2 m W
April 21		12 m R; 2 m W Repeat 2x		12 m R; 2 m W Repeat 2x			3 miles 12 m R; 2 m W
April 28		30-35 min. run or walk	REST	30-35 min. run or walk	REST		2.5 mi. (CR)**
May 5		20-25 min. run or walk	REST	15-20 min. run or walk	W 15 min.		RBR 5K!

* **Cross-training** means non-running or walking activities, such as bicycling, swimming, yoga, strength-training, elliptical, or playing tag with your kids or grandkids!

** **CR: Amway River Bank Run Community Run.** PLEASE NOTE we will be joining the Amway River Bank Run Community Runs the first Saturday of every month, 8 a.m., at the David D. Hunting YMCA, 475 Lake Michigan Dr. NW, Grand Rapids, MI. [Non-members park in Dash Lot 7] Refreshments and networking follow the run.

TIPS:

- Don't worry about how fast you run or walk. Just complete the time or distance.
- Rest days are important to allow your muscles time to recover.
- If necessary, make minor modifications to fit your home and work schedule.

##For 5-11-19 Amway River Bank Run 5K (3.1 miles)