

Stenwood Elementary School 5K training plan

Run the prescribed intervals 2-3X per week on whatever days work best for your schedule. Do a warm up walk for 5 minutes at the beginning of your runs and a 5 minute cool down walk at the end. Don't stress out about running the entire 5K, if you find an interval you like, use it for the entire 3.1 miles! Real runners DO take walk breaks! You can program intervals onto your phone using an interval timer app, there are lots of free options.

Week of March 15th: 12 sets RUN 1 minute - WALK 1 minute

Week of March March 22nd: 8 sets RUN 2 minutes - WALK 1 minute

Week of March 29th: 8 sets RUN 3 minutes - WALK 1 minute

Week of April 5: 6 sets RUN 4 minutes - WALK 1 minute

Week of April 12th: 5 sets RUN 5 minutes - WALK 1 minute

Week of April 19th: 5 sets RUN 6 minutes - WALK 1 minute

April 26th - 3.1 miles!!! Stenwood 5K!!!!