

Angels' Place Race  
5K210K Training

	Day 1	Day 2	Day 3
Week 5 Mar 3-9	Warm-up: Brisk 5 min walk Run: Jog 5 minutes, Walk 3 minutes; Jog 5 minutes, Walk 3 minutes; Jog 5 minutes; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 3/4 mile (or 8 minutes), walk 1/2 mile (or 5 minutes), Jog 3/4 mile (or 8 minutes); Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 2 miles (or 20 minutes) - no walking; Cool Down: 5 min walk
Week 6 Mar 10-16	Warm-up: Brisk 5 min walk Run: Jog 5 minutes, Walk 3 minutes; Jog 8 minutes, Walk 3 minutes; Jog 5 minutes; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 1 mile (or 10 minutes), walk 1/4 mile (or 3 minutes), Jog 1 mile (or 10 minutes); Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 2.25 miles (or 22 minutes) - no walking; Cool Down: 5 min walk
Week 7 Mar 17-23	Warm-up: Brisk 5 min walk Run: Jog 2.5 miles (or 25 minutes) ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 2.5 miles (or 25 minutes) ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 2.5 miles (or 25 minutes) ; Cool Down: 5 min walk
Week 8 Mar 24-30	Warm-up: Brisk 5 min walk Run: Jog 2.75 miles (or 28 minutes) ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 2.75 miles (or 28 minutes) ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog 3.0 miles (or 30 minutes) ; Cool Down: 5 min walk
Week 9 Mar 31-Apr 6	Warm-up: Brisk 5 min walk Run: Jog for 10 minutes, walk one minute, repeat 4 times ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog for 10 minutes, walk one minute, repeat 4 times ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog for 10 minutes, walk one minute, repeat 4 times ; Cool Down: 5 min walk
Week 10 Apr 7-13	Warm-up: Brisk 5 min walk Run: Jog for 15 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog for 15 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog for 15 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk
Week 11 Apr 14-20	Warm-up: Brisk 5 min walk Run: Jog for 17 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog for 17 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk	Warm-up: Brisk 5 min walk Run: Jog for 17 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk

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<p>Week 12 Apr 21-27</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 18 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 18 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 18 minutes, walk one minute, repeat 3 times ; Cool Down: 5 min walk</p>
<p>Week 13 Apr 28-May 4</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 22 minutes, walk one minute, repeat 2 times ; Cool Down: 5 min walk</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 25 minutes, walk one minute, repeat 2 times ; Cool Down: 5 min walk</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 30 minutes, walk one minute, repeat 2 times ; Cool Down: 5 min walk</p>
<p>Week 14 May 5-11 Race Week</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 60 minutes ; Cool Down: 5 min walk</p>	<p>Warm-up: Brisk 5 min walk Run: Jog for 60 minutes ; Cool Down: 5 min walk</p>	<p>Warm-up: Brisk 5 min walk Run: Jog 10K or 60 minutes ;* Cool Down: 5 min walk *Optionally: an easy 5K run</p>