



4 Week 5K Plan

Race Date: Dec 25, 2020

Reindeer Run 5K

register: www.reideerrun.com

Strength training work out ideas: www.minnesotarunningseries.com/training



WEEK	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Nov 30 Strength Workout lower body	Walk 20 min	Rest & Stretch	Run 5 min easy 5 min moderate	Strength Workout upper body	Walk 5min Run 10min alt 1 min run & 1 min walk Walk 5min	Rest & Stretch
2	Strength Workout lower body	Walk 30 min	Rest & Stretch	Run 5 min easy 5 min moderate 5 min quick	Strength Workout upper body	Walk 5min Run 20min alt 1 min run & 1 min walk Walk 5min	Cross Train bike or hike
3	Strength Workout lower body	Walk 30 min	Rest & Stretch	Run 20 min increase effort every 5 min	Strength Workout upper body	Walk 5min Run 35min alt 1 min run & 1 min walk Walk 5min	Cross Train bike or hike
4	Run 0.5 min easy 1.5 mi hard 0.5 mi walk	Rest & Stretch	Walk 5min Run 20min alt 1 min run & 1 min walk Walk 5min	Strength Workout lower body	Dec 25 RACE DAY	Rest & Stretch	Cross Train bike or hike