



SILLO DISTRICT

MARATHON

2018

**5 K TRAINING
PLAN + LOG**

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				
walk easy for 30 minutes	walk easy for 30 minutes	walk easy for 30 minutes				

NOTES:

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
			1 walk easy for 30 minutes	2 walk easy for 30 minutes	3 walk easy for 30 minutes	4 rest day
5 walk easy for 30 minutes	6 walk easy for 30 minutes	7 walk easy for 30 minutes	8 walk easy for 30 minutes	9 run for 1 minute, walk for 2 minutes, repeat 10 times	10 run for 1 minute, walk for 2 minutes, repeat 10 times	11 rest day
12 run for 1 minute, walk for 2 minutes, repeat 10 times	13 walk easy for 30 minutes	14 run for 1 minute, walk for 2 minutes, repeat 10 times	15 walk easy for 30 minutes	16 run for 1 minute, walk for 2 minutes, repeat 10 times	17 run for 1 minute, walk for 2 minutes, repeat 10 times	18 rest day
19 run for 3 minutes, walk for 1 minute, repeat 10 times	20 walk easy for 30 minutes	21 run for 3 minutes, walk for 1 minute, repeat 7 times	22 walk easy for 30 minutes	23 run for 4 minutes, walk for 1 minute, repeat 6 times	24 run for 4 minutes, walk for 1 minute, repeat 6 times	25 rest day
26 run for 5 minutes, walk for 1 minute, repeat 5 times	27 walk easy for 30 minutes	28 run for 5 minutes, walk for 1 minute, repeat 5 times	29 walk easy for 30 minutes	30 run for 6 minutes, walk for 1 minute, repeat 4 times	31 run for 6 minutes, walk for 1 minute, repeat 4 times	

NOTES:

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
						1 rest day
run for 8 minutes, walk for 1 minute, repeat 3 times ²	walk easy for 30 minutes ³	run for 8 minutes, walk for 1 minute, repeat 3 times ⁴	walk easy for 30 minutes ⁵	run for 10 minutes, walk for 1 minute, repeat twice ⁶	run for 10 minutes, walk for 1 minute, repeat twice ⁷	8 rest day
run for 12 minutes, walk for 1 minute, repeat twice ⁹	walk easy for 30 minutes ¹⁰	run for 13 minutes, walk for 1 minute, repeat twice ¹¹	walk easy for 30 minutes ¹²	run for 14 minutes, walk for 1 minute, repeat twice ¹³	run for 15 minutes, walk for 1 minute, run for 14 minutes ¹⁴	15 rest day
run for 16 minutes, walk for 1 minute, run for 13 minutes ¹⁶	walk easy for 30 minutes ¹⁷	run for 17 minutes, walk for 1 minute, run for 12 minutes ¹⁸	walk easy for 30 minutes ¹⁹	run for 18 minutes, walk for 1 minute, run for 11 minutes ²⁰	run for 19 minutes, walk for 1 minute, run for 10 minutes ²¹	22 rest day
run for 20 minutes, walk for 1 minute, run for 9 minutes ²³	run for 20 minutes, walk for 1 minute, run for 9 minutes ²⁴	run for 22 minutes, walk for 1 minute, run for 9 minutes ²⁵	walk easy for 30 minutes ²⁶	run for 24 minutes, walk for 1 minute, run for 5 minutes ²⁷	run for 26 minutes, walk for 1 minute, run for 3 minutes ²⁸	29 rest day

NOTES:

MAY

MON	TUE	WED	THU	FRI	SAT	SUN
run for 27 minutes, walk for 1 minute, run for 2 minutes ³⁰	run for 20 minutes, walk for 1 minute, run for 9 minutes ¹	run for 28 minutes, walk for 1 minute, run for 1 minute ²	walk easy for 30 minutes ³	run for 29 minutes and walk for 1 minute ⁴	30 min easy run ⁵	5K RACE DAY! ⁶
⁷	⁸	⁹	¹⁰	¹¹	¹²	¹³
¹⁴	¹⁵	¹⁶	¹⁷	¹⁸	¹⁹	²⁰
²¹	²²	²³	²⁴	²⁵	²⁶	²⁷
²⁸	²⁹	³⁰	³¹			

NOTES:
