

20 **SILO** 19  
**DISTRICT**  
*MARATHON*  
*26.2*

**TRAINING**  
**PLAN + LOG**  
5K RUN

# 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:

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# MARCH

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

## NOTES:

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# APRIL

| MON   | TUE  | WED   | THU                                    | FRI   | SAT   | SUN                    |
|---|--|---|--|---|---|------------------------|
| run for 8 minutes, walk for 1 minute, repeat 3 times <sup>1</sup>       | walk easy for 30 minutes <sup>2</sup>                                  | run for 8 minutes, walk for 1 minute, repeat 3 times <sup>3</sup>       | walk easy for 30 minutes <sup>4</sup>  | run for 10 minutes, walk for 1 minute, repeat twice <sup>5</sup>        | run for 10 minutes, walk for 1 minute, repeat twice <sup>6</sup>        | rest day <sup>7</sup>  |
| run for 12 minutes, walk for 1 minute, repeat twice <sup>8</sup>        | walk easy for 30 minutes <sup>9</sup>                                  | run for 13 minutes, walk for 1 minute, repeat twice <sup>10</sup>       | walk easy for 30 minutes <sup>11</sup> | run for 14 minutes, walk for 1 minute, repeat twice <sup>12</sup>       | run for 15 minutes, walk for 1 minute, run for 14 minutes <sup>13</sup> | rest day <sup>14</sup> |
| run for 16 minutes, walk for 1 minute, run for 13 minutes <sup>15</sup> | walk easy for 30 minutes <sup>16</sup>                                 | run for 17 minutes, walk for 1 minute, run for 12 minutes <sup>17</sup> | walk easy for 30 minutes <sup>18</sup> | run for 18 minutes, walk for 1 minute, run for 11 minutes <sup>19</sup> | run for 19 minutes, walk for 1 minute, run for 10 minutes <sup>20</sup> | rest day <sup>21</sup> |
| run for 20 minutes, walk for 1 minute, run for 9 minutes <sup>22</sup>  | run for 20 minutes, walk for 1 minute, run for 9 minutes <sup>23</sup> | run for 24 minutes, walk for 1 minute, run for 9 minutes <sup>24</sup>  | walk easy for 30 minutes <sup>25</sup> | rest day <sup>26</sup>  | 20 minute easy run <sup>27</sup>  | 28<br>5K RACE DAY!     |
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## NOTES:

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