



DOWNTOWN DASH

5K FUN RUN/WALK

Ready to try a 5K? This plan will prepare you to run/walk 3.1 miles with the power of your very own body!

This intermediate training plan is designed for those who have ran/walked a few 5K's before. Remember, the race is May 18th, 2022!

Friday 4/15	Saturday 4/16	Sunday 4/17	Monday 4/18	Tuesday 4/19	Wednesday 4/20	Thursday 4/21
Rest	2-mile run	4 x 400m intervals	3-mile run	Rest	2-mile run	2-mile run
Friday 4/22	Saturday 4/23	Sunday 4/24	Monday 4/25	Tuesday 4/26	Wednesday 4/27	Thursday 4/28
Rest	2-mile run	5 x 400m intervals	3-mile run	Rest	2-mile run	3-mile run
Friday 4/29	Saturday 4/30	Sunday 5/1	Monday 5/2	Tuesday 5/3	Wednesday 5/4	Thursday 5/5
Rest	2-mile run	4 x 400m intervals	3-mile run	Rest	2-mile run	3-mile run
Friday 5/6	Saturday 5/7	Sunday 5/8	Monday 5/9	Tuesday 5/10	Wednesday 5/11	Thursday 5/12
Rest	2-mile run	5 x 400m intervals	3-mile run	Rest	2-mile run	3-mile run
Friday 5/13	Saturday 5/14	Sunday 5/15	Monday 5/16	Tuesday 5/17	Wednesday 5/18	Thursday 5/19
Rest	2-mile run	Easy run	2-mile run	Rest	Downtown Dash 5K Fun Run/Walk	Rest & Relax You did it!

Interval Training: To improve speed, you sometimes need to train at a pace faster than your race pace for the 5K, about the pace you would run in a 1500 meter or mile race. Run 400 meters hard, then recover by jogging and/or walking 400 meters. Before starting this workout, warm-up by jogging a mile or two, stretching, and doing a few sprints of 100 meters. Cool down afterwards with a short jog.