

Name Coach Green Age ??

RHR 62 MHR (220-age) THR 135-172

Avg. Mile Time 9:32 Goal Time for 5K 30:00 Mile Pacing Time 10:00

5K Training Plan

Dynamic Warmup

- 1) Jog 2 laps
- 2) ½ court Quad Pulls ... jog
- 3) ½ court Toe Touches ... jog
- 4) ½ court Toy Soldiers ... jog
- 5) ½ court Lunges ... jog
- 6) ½ court High Knees ... jog
- 7) ½ court Butt Kicks ... jog
- 8) ½ court Carioca Right ... jog
- 9) ½ court Carioca Left ... jog
- 10) ½ court Skips ... jog
- 11) 50% sprint
- 12) 75% sprint
- 13) 100% sprint

Static Cooldown

- 1) Calves 15 sec. hold
- 2) Hip Flexors 15 sec. hold
- 3) Sit & Reach 3x 10 sec hold
- 4) Quads 15 sec. hold
- 5) Butterfly 15 sec. hold
- 6) Shoulder Stretch 15 sec. hold
- 7) Hamstrings 15 sec. hold

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Week 1 - (_____ - _____)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Cardio/Ab Work	Cardio/Ab Circuit	Weight Training	Cardio/Med Balls	Cardio/Ab Circuit	Cardio
	Dynamic Warmup Run 1.5 miles in 20 minutes Walk for 20 minutes 2x25 Regular Curlups 2x25 Small kicks 2x25 Large kicks 2x30 secs. 6 inches 2x10 Pushdowns Static Cooldown	Dynamic Warmup 15 Regular Curlups 1x10 front lunges Jog 2 laps 15 V-sits 1x10 squat jumps Jog 2 laps 15 toe touches 1x10 lunges to left Jog 2 laps 30 sec. 6 inches 1x10 lunges to right Jog 2 laps 15 Regular Curlups 1x10 Squat Jumps Jog 2 laps 1x15 Figure 4 (both sides) 1x10 backwards lunges Jog 2 laps Static Cooldown	Dynamic Warmup 2x10 DB Bench 2x10 DB Bicep Curls 2x10 Tricep Exten 2x10 Lat Pulldowns 2x10 Squats 2x10 Step Ups 2x10 Box Jumps Static Cooldown	Dynamic Warmup Run 1.5 miles in 20 minutes Walk for 20 minutes 2x15 Med Ball Twists 2x15 Med Ball Situps 2x15 Woodchoppers 2x15 Diagonal Chops (both sides) 2x15 Parallel Throws (both sides) 2x15 Perpendicular Throws (both sides) Static Cooldown	Dynamic Warmup 15 Regular Curlups 1x10 front lunges Jog 2 laps 15 V-sits 1x10 squat jumps Jog 2 laps 15 toe touches 1x10 lunges to left Jog 2 laps 30 sec. 6 inches 1x10 lunges to right Jog 2 laps 15 Regular Curlups 1x10 Squat Jumps Jog 2 laps 1x15 Figure 4 (both sides) 1x10 backwards lunges Jog 2 laps Static Cooldown	Dynamic Warmup Walk for 30 mins Static Cooldown

Week 2, 3, 4, etc. Activity increases each week leading up to the 5K race.

Attach two additional training plans and summary, copy of rough draft from partner, and the one paragraph reflection.