



15th Annual Power Pedal Ride & Stride 5-Week 5k Training Program

Ready to train for a 5k (3.1 mile) race, but not sure how? Try this 5-week training schedule that we found on www.runnersworld.com, a popular website for runners.

Runner's World Novice 5k Training Program

Week	Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	Walk/Cross 20 min/off	Run 10 min	Walk/Cross 20 min/off	Run 15 min	Walk/Cross 20 min/off	Rest	Run 2 miles
2	Walk/Cross 20 min/off	Run 15 min	Walk/Cross 20 min/off	Run 20 min	Walk/Cross 20 min/off	Rest	Run 2.5 miles
3	Walk/Cross 30 min/off	Run 20 min	Walk/Cross 30 min/off	Run 25 min	Walk/Cross 30 min/off	Rest	Run 3 miles (on race course if possible)
4	Walk/Cross 30 min/off	Run 25 min	Walk/Cross 30 min/off	Run 30 min	Walk/Cross 30 min/off	Rest	Run 3.5 miles
5	Walk/Cross 30 min/off	Run 30 min	Walk/Cross 30 min/off	Run 30 min	Walk/Cross 30 min/off	Rest	5k Race

www.powerpedal.com

Celebrating Public Power Week

Benefiting Hospice Brazos Valley

October 13-14, 2007