

Runners – your goal is to run a 5K – fast! On alternate days, crosstrain. This can include weight training (I like the Nike Training Club free app – try the stretching or core routines to start), swimming, cycling, yoga, etc. etc. I like the Nike Training Club runners workouts – some are as short as 7 minutes, but are a great warm-up to a run or training for “off” days.

Week	Day 1	Day 2	Day 3
1	5 minute warm up jog followed by intervals. On a track or using an app, run ¼ of a mile at a comfortable pace. Run the next ¼ mile at a fast pace. Repeat for a total of 2 miles. Cool down 5 minute jog/walk. Stretch	5 minute warm-up jog followed by 2 mile run at a comfortable pace. 5 minute cool down jog/walk. Stretch	Hill training! Find a hilly course. 5 minute warm-up jog followed by 20 minute run on a hilly course at a not-too-comfortable pace – you shouldn’t feel exhausted, but it shouldn’t be easy either- 5 minute cooldown walk/jog. Stretch