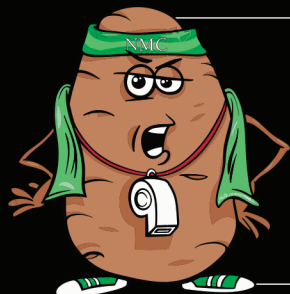


RUN/WALK 5K

8-Week Training Plan

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1/31 Rest	Run 1 Min Walk 1 Min Repeat x 5	HIIT or Strength Training	Rest	Run 2 Min Walk 4 Min Repeat x 3	HIIT or Strength Training	Run 2 Min Walk 4 Min Repeat x 3
2/7 Rest	Run 1 Min Walk 1 Min Repeat x 10	HIIT or Strength Training	Rest	Run 2 Min Walk 4 Min Repeat x 5	HIIT or Strength Training	Run 2 Min Walk 4 Min Repeat x 5
2/14 Rest	Run 3 Min Walk 3 Min Repeat x 4	HIIT or Strength Training	Rest	Run 3 Min Walk 3 Min Repeat x 4	HIIT or Strength Training	Run 5 Min Walk 3 Min Repeat x 3
2/21 Rest	Run 5 Min Walk 3 Min Repeat x 3	HIIT or Strength Training	Rest	Run 7 Min Walk 3 Min Repeat x 3	HIIT or Strength Training	Run 7 Min Walk 3 Min Repeat x 3
2/28 Rest	Run 7 Min Walk 2 Min Repeat x 3	HIIT or Strength Training	Rest	Run 8 Min Walk 2 Min Repeat x 3	HIIT or Strength Training	Run 8 Min Walk 2 Min Repeat x 3
3/7 Rest	Run 8 Min Walk 2 Min Repeat x 3	HIIT or Strength Training	Rest	Run 10 Min Walk 2 Min Repeat x 2 Run 5 min	HIIT or Strength Training	Run 8 Min Walk 2 Min Repeat x 3
3/14 Rest	Run 9 Min Walk 1 Min Repeat x 3	HIIT or Strength Training	Rest	Run 12 Min Walk 2 Min Repeat x 2 Run 5 min	HIIT or Strength Training	Run 8 Min Walk 2 Min Repeat x 3
3/21 Rest	Run 15 Min Walk 1 Min Repeat x 2	HIIT or Strength Training	Rest	Run 8 Min Walk 2 Min Repeat x 3	Rest	3/27 5K RUN

Use this only as a guide. Adjust it to work for your age and level of fitness.
Consult your physician before starting any exercise program and stop immediately if you start to feel any kind of pain or dizziness.



RACE DAY

Saturday, March 27, 2021
Start Time is 9:00 AM
at Nappanee Missionary Church

Resources and Registration at nmc.church/run

HIIT Workouts

There are a variety of free HIIT workouts available online, and we have placed links to some at nmc.church/run. The idea is to keep moving in a way that's different than running or walking. It adds an element of strength training without the need of equipment. Below is one you can do in just 7 minutes (30 seconds per exercise with 10 seconds between each) or repeat it up to three times for a more intense workout.

JUMPING
JACKS

»

WALL SIT

PUSH-UPS

»

CRUNCHES

CHAIR
STEP-UPS

»

SQUATS

TRICEP DIPS

»

PLANK

HIGH KNEES
RUNNING IN PLACE

»

LUNGES

PUSH-UP
ROTATIONS

»

SIDE PLANK