



## Example of 5 week training guide

**Example of 5 week training guide to be able to run for 25 minutes to 30 minutes for 4 to 5 days of running per week by the first practice on Monday, August 17th**

**Running by Miles:** Substitute 1 mile for every 8/9:00 minutes.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday or Sunday</b>
<b>Week 1 July 6-12</b>	15-18 minutes		15-18 minutes		15-18 minutes	Sat or Sun: 12-15 minutes
<b>Week 2 July 13-19</b>	15-18 minutes		18-20 minutes		15-18 minutes	Sat or Sun: 15-18 minutes
<b>Week 3 July 20-26</b>	18-20 minutes		15-18 minutes	12-15 minutes	18-20 minutes	Sat or Sun: 20-25 minutes
<b>Week 4 August 3-9</b>	20-25 minutes		18-20 minutes	20-25 minutes	12-15 minutes	Sat or Sun: 20-25 minutes
<b>Week 5 August 10-16</b>	18-20 minutes	12-15 minutes		25-30 minutes	18-20 minutes	Sat or Sun: 20-25 minutes