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Plate To Plate 5K First Time Training Schedule July.13, 2008 –Aug.24, 2008

Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
07-13-08	Rest	1 mile run/walk (3 min. run/1 min. walk)	20 min. crosstraining	1 mile run/walk (3 min. run/1 min. walk)	20 min. crosstraining	Rest	1.5 mile run/walk (3 min. run/1 min. walk)
07-20-08	Rest	1.5 miles run/walk (3 min. run/1 min. walk)	20 min. crosstraining	1.5 miles run/walk (3 min. run/1 min. walk)	20 min. crosstraining	Rest	2 miles run/walk (3 min. run/1 min. walk)
07-27-08	Rest	1.5 miles run/walk (4 min. run/1 min. walk)	25 min. crosstraining	1.5 miles run/walk (4 min. run/1 min. walk)	25 min. crosstraining	Rest	2.5 miles run/walk (4 min. run/1 min. walk)
08-03-08	Rest	1.5 miles run/walk (5 min. run/1 min. walk)	25 min. crosstraining	1.5 miles run/walk (5 min. run/1 min. walk)	25 min. crosstraining	Rest	2.5 miles run/walk (5 min. run/1 min. walk)
08-10-08	Rest	1.5 miles run/walk (5 min. run/1 min. walk)	30 min. crosstraining	1.5 miles run/walk (5 min. run/1 min. walk)	30 min. crosstraining	Rest	3 miles run/walk (5 min. run/1 min. walk)
08-17-08	Rest	1.5 miles run/walk (5 min. run/1 min. walk)	30 min. crosstraining	1.5 miles run/walk (5 min. run/1 min. walk)	20 min. crosstraining	Rest	RACE DAY-PLATE TO PLATE 5K!

Training Schedule Provided By:



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Training Definitions

Run/walk

All run workouts are indicated as 'run/walk' with a time duration indicated. For example, '1 mile run/walk (3 min. run/1 min. walk) means you should cover a TOTAL of '1 mile' while running at a comfortable, conversational pace for 3 minutes followed by 1 min. of walking. Follow this 'run/walk' ration until you cover a full mile.

Crosstraining

Cross training days are a day of exercise other than walking or running. Examples are: cycling, spinning, swimming, or some other cardio based activity. The idea is to maintain your current level of fitness while allowing recovery from your previous run workout. Ideally, stick to activities that are AEROBIC in nature.

Rest

Rest is an important part of your training. It is during rest and recovery periods that your body heals from previous workouts enabling you to continue performing at a high level.

ADDITIONAL QUESTIONS/CONCERNS?

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