

STEPS TOGETHER 2018 TRAINING PROGRAM

5K & 10K EVENTS ON 9.30.18

All distances are in terms of miles.
 More info at www.steps-together.org

5K PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
W/O Aug 6th	1	Rest / Stretch	1.5	1	Rest / Stretch	1.5	Cross Train
W/O Aug 13th	1	Rest / Stretch	1.75	1	Rest / Stretch	1.75	Cross Train
W/O Aug 20th	1.25	Rest / Stretch	2	1.25	Rest / Stretch	2	Cross Train
W/O Aug 27th	1.25	Rest / Stretch	2.25	1.25	Rest / Stretch	2.25	Cross Train
W/O Sept 3rd	1.5	Rest / Stretch	2.5	1.5	Rest / Stretch	2.5	Cross Train
W/O Sept 10th	1.5	Rest / Stretch	2.75	1.5	Rest / Stretch	2.75	Cross Train
W/O Sept 17th	2	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train
W/O Sept 24th	2	Rest / Stretch	3	2	Rest / Stretch	Rest	5K EVENT

10K PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
W/O Aug 6th	2.5	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train
W/O Aug 13th	2.5	Rest / Stretch	3	2	Rest / Stretch	3.5	Cross Train
W/O Aug 20th	2.5	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train
W/O Aug 27th	3	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train
W/O Sept 3rd	3	Rest / Stretch	4	2	Rest / Stretch	4.5	Cross Train
W/O Sept 10th	3	Rest / Stretch	4	2	Rest / Stretch	5	Cross Train
W/O Sept 17th	3	Rest / Stretch	4.5	2	Rest / Stretch	5.5	Cross Train
W/O Sept 24th	3	Rest / Stretch	3	2	Rest / Stretch	Rest	10K EVENT

5K to 10K PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
W/O June 11th	1	Rest / Stretch	1.5	1	Rest / Stretch	1.5	Cross Train
W/O June 18th	1	Rest / Stretch	1.75	1	Rest / Stretch	1.75	Cross Train

W/O June 25th	1.25	Rest / Stretch	2	1.25	Rest / Stretch	2	Cross Train
W/O July 2nd	1.25	Rest / Stretch	2.25	1.25	Rest / Stretch	2.25	Cross Train
W/O July 9th	1.5	Rest / Stretch	2.5	1.5	Rest / Stretch	2.5	Cross Train
W/O July 16th	1.5	Rest / Stretch	2.75	1.5	Rest / Stretch	2.75	Cross Train
W/O July 23rd	2	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train
W/O July 30th	2	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train
W/O Aug 6th	2.5	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train
W/O Aug 13th	2.5	Rest / Stretch	3	2	Rest / Stretch	3.5	Cross Train
W/O Aug 20th	2.5	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train
W/O Aug 27th	3	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train
W/O Sept 3rd	3	Rest / Stretch	4	2	Rest / Stretch	4.5	Cross Train
W/O Sept 10th	3	Rest / Stretch	4	2	Rest / Stretch	5	Cross Train
W/O Sept 17th	3	Rest / Stretch	4.5	2	Rest / Stretch	5.5	Cross Train
W/O Sept 24th	3	Rest / Stretch	3	2	Rest / Stretch	Rest	10K EVENT

TOTAL MILES

5
5.5
6.5
7
8
8.5
10
13.1

TOTAL MILES

10.5
11
12
12.5
13.5
14
15
14.2

TOTAL MILES

5
5.5

6.5
7
8
8.5
10
10
10.5
11
12
12.5
13.5
14
15
14.2