

STEPS TOGETHER 2019 TRAINING PROGRAM

5K & 10K EVENTS ON 9.29.19

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

5K PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILES
W/O Aug 5th	1	Rest / Stretch	1.5	1	Rest / Stretch	1.5	Cross Train	5
W/O Aug 12th	1	Rest / Stretch	1.75	1	Rest / Stretch	1.75	Cross Train	5.5
W/O Aug 19th	1.25	Rest / Stretch	2	1.25	Rest / Stretch	2	Cross Train	6.5
W/O Aug 26th	1.25	Rest / Stretch	2.25	1.25	Rest / Stretch	2.25	Cross Train	7
W/O Sept 2nd	1.5	Rest / Stretch	2.5	1.5	Rest / Stretch	2.5	Cross Train	8
W/O Sept 9th	1.5	Rest / Stretch	2.75	1.5	Rest / Stretch	2.75	Cross Train	8.5
W/O Sept 16th	2	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train	10
W/O Sept 23rd	2	Rest / Stretch	3	2	Rest / Stretch	Rest	5K EVENT	13.1

10K PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILES
W/O Aug 5th	2.5	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train	10.5
W/O Aug 12th	2.5	Rest / Stretch	3	2	Rest / Stretch	3.5	Cross Train	11
W/O Aug 19th	2.5	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train	12
W/O Aug 26th	3	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train	12.5
W/O Sept 2nd	3	Rest / Stretch	4	2	Rest / Stretch	4.5	Cross Train	13.5
W/O Sept 9th	3	Rest / Stretch	4	2	Rest / Stretch	5	Cross Train	14
W/O Sept 16th	3	Rest / Stretch	4.5	2	Rest / Stretch	5.5	Cross Train	15
W/O Sept 23rd	3	Rest / Stretch	3	2	Rest / Stretch	Rest	10K EVENT	14.2

5K to 10K PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILES
W/O June 10th	1	Rest / Stretch	1.5	1	Rest / Stretch	1.5	Cross Train	5
W/O June 17th	1	Rest / Stretch	1.75	1	Rest / Stretch	1.75	Cross Train	5.5
W/O June 24th	1.25	Rest / Stretch	2	1.25	Rest / Stretch	2	Cross Train	6.5
W/O July 1st	1.25	Rest / Stretch	2.25	1.25	Rest / Stretch	2.25	Cross Train	7
W/O July 8th	1.5	Rest / Stretch	2.5	1.5	Rest / Stretch	2.5	Cross Train	8
W/O July 15th	1.5	Rest / Stretch	2.75	1.5	Rest / Stretch	2.75	Cross Train	8.5
W/O July 22nd	2	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train	10
W/O July 29th	2	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train	10
W/O Aug 5th	2.5	Rest / Stretch	3	2	Rest / Stretch	3	Cross Train	10.5
W/O Aug 12th	2.5	Rest / Stretch	3	2	Rest / Stretch	3.5	Cross Train	11
W/O Aug 19th	2.5	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train	12
W/O Aug 26th	3	Rest / Stretch	3.5	2	Rest / Stretch	4	Cross Train	12.5
W/O Sept 2nd	3	Rest / Stretch	4	2	Rest / Stretch	4.5	Cross Train	13.5
W/O Sept 9th	3	Rest / Stretch	4	2	Rest / Stretch	5	Cross Train	14
W/O Sept 16th	3	Rest / Stretch	4.5	2	Rest / Stretch	5.5	Cross Train	15
W/O Sept 23rd	3	Rest / Stretch	3	2	Rest / Stretch	Rest	10K EVENT	14.2