

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 5 Minute Walk 1 Minute Run x 5 Repetitions
6 1 Hour of Active Recovery	7 Cross Training Strength Training or Walk	8 5 Minute Walk 1 Minute Run x 5 Repetitions	9 Walk or Play for 30 Minutes	10 5 Minute Walk 1 Minute Run x 5 Repetitions	11 Cross Training 30 Minutes of Strength or Walking	12 5 Minute Walk 2 Minute Run x 6 Repetitions
13 1 Hour of Active Recovery	14 Cross Training Strength Training or Walk	15 4 Minute Walk 2 Minute Run x 5 Repetitions	16 Walk or Play for 30 Minutes	17 4 Minute Walk 2 Minute Run x 5 Repetitions	18 Cross Training 30 Minutes of Strength or Walking	19 4 Minute Walk 2 Minute Run x 7 Repetitions
20 1 Hour of Active Recovery	21 3 Miles Recovery RPE of 6	22 4 Minute Walk 2 Minute Run x 6 Repetitions	23 Walk or Play for 30 Minutes	24 4 Minute Walk 2 Minute Run x 6 Repetitions	25 Cross Training 30 Minutes of Strength or Walking	26 3 Minute Walk 3 Minute Run x 8 Repetitions
27 1 Hour of Active Recovery	28 3 Miles Recovery RPE of 6				<p>SPEED VARIATION ADDED Speed at RPE means Rate or Percieved Exertion We are looking for the runner to work hard during the first part of the interval, where the distance is difficult and a bit uncomfortable.</p> <p>Follow that up with an easy matching distance where the runner can recover to feel good enough to repeat the fast interval again.</p>	

5K Beginner

March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3 Minute Walk 3 Minute Run x 6 Repetitions	2 Walk or Play for 45 Minutes	3 3 Minute Walk 3 Minute Run x 6 Repetitions	4 Cross Training 30 Minutes of Strength or Walking	5 5 Minute Run 2 Minute Walk x 7 Repetitions
6 1 Hour of Active Recovery	7 30 Minute Walk	8 5 Minute Walk 2 Minute Run x 6 Repetitions	9 Walk or Play for 45 Minutes	10 5 Minute Run 2 Minute Walk x 6 Repetitions	11 Cross Training 30 Minutes of Strength or Walking	12 1 Mile Run 10 Minute Walk 1 Mile Run
13 1 Hour of Active Recovery	14 30 Minute Walk	15 1 Mile Run 10 Minute Walk 1 Mile Run	16 Walk or Play for 45 Minutes	17 1 Mile Run 10 Minute Walk 1 Mile Run	18 Cross Training 30 Minutes of Strength or Walking	19 2 Mile Run 15 Minute Walk
20 1 Hour of Active Recovery	21 30 Minute Walk	22 1.5 Mile Run 10 Minute Walk 1 Mile Run	23 Walk or Play for 45 Minutes	24 1.5 Mile Run 10 Minute Walk 1 Mile Run	25 Cross Training 30 Minutes of Strength or Walking	26 2 Mile Run 10 Minute Walk 1 Mile Run
27 1 Hour of Active Recovery	28 30 Minute Walk	29 2 Mile Run	30 Walk or Play for 45 Minutes	31 2 Mile Run		LILLIE Training & Inspiration

5K Beginner

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cross Training 30 Minutes of Strength or Walking	2 3 Mile Run
3 1 Hour of Active Recovery	4 30 Minute Run or Walk	5 5 Minute Walk 2 Minute Jog 1 Minute Run (9RPE)	6 Walk or Play for 45 Minutes	7 2 Mile Run	8 Cross Training 30 Minutes of Strength or Walking	9 3.5 Mile Run
10 1 Hour of Active Recovery	11 30 Minute Run or Walk	12 5 Minute Walk 2 Minute Jog 1 Minute Run (9RPE) x 5 Repetitions	13 Walk or Play for 45 Minutes	14 2 Mile Run	15 Cross Training 30 Minutes of Strength or Walking	16 4 Mile Run
17 1 Hour of Active Recovery	18 30 Minute Run or Walk	19 5 Minute Walk 2 Minute Jog 1 Minute Run (9RPE) x 6 Repetitions	20 Walk or Play for 45 Minutes	21 2 Mile Run	22 Cross Training 30 Minutes of Strength or Walking	23 4 or 5 Mile Run
24 1 Hour of Active Recovery	25 30 Minute Run or Walk	26 5 Minute Walk 2 Minute Jog 1 Minute Run (9RPE) x 6 Repetitions	27 Walk or Play for 45 Minutes	28 2 Mile Run	29 Cross Training 30 Minutes of Strength or Walking	30  3 Mile Run

5K Beginner

May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Hour of Active Recovery	2 30 Minute Walk	3 2 Mile Run	4 Off	5 5 Minute Run 2 Minute Walk x 4 Repetitions	6 Cross Training 30 Minutes of Strength or Walking	7 1 Miles Easy 20 Minute Walk Or 35 Minute Walk
8 Race Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



5K Beginner