

25K

Remember, it's okay to mix walking into a training run at anytime. Some runners find it very helpful to use the planned walking breaks – walking for a certain amount of time after running for a number of minutes or walking first and building into a run. This run/walk combo can be repeated throughout a run.

Date	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total
	1	Stretch	2m	2m	3m	Rest	3m	Cross Training	10
	2	Stretch	3m	2m	3.5m	Rest	4m	Cross Training	12.5
	3	Stretch	3.5m	2m	3.5m	Rest	5m	Cross Training	14
	4	Stretch	4m	2m	4m	Rest	5k at race pace	Cross Training	13.1
	5	Stretch	4m	2m	4m	Rest	7m	Cross Training	17
	6	Stretch	4.5m	3	4.5m	Rest	8m	Cross Training	20
	7	Stretch	4.5m	3m	4.5m	Rest	9m	Cross Training	21
	8	Stretch	5m	3m	5m	Rest	10K at race pace	Cross Training	19.2
	9	Stretch	5m	3m	5m	Rest	10	Cross Training	23
	10	Stretch	5m	3m	4m	Rest	12	Cross Training	24
	11	Stretch	4m	3m	2m	Rest	13	Cross Training	22
	12	Stretch	4m	3m	4m	Rest	8m	Cross Training	19
	13	Stretch	3m	4m	2m	Rest	Race Day		