

# Jingle Bell 5K Running Program

## Week 1

- ❖ Monday: 10min warm-up; dynamic stretching. Run 1.5 miles easy; walk as needed.
- ❖ Tuesday: Cross-train at moderate intensity for 30min.
- ❖ Wednesday: REST
- ❖ Thursday: 10min warm-up; dynamic stretching. Run 2 miles easy; walk as needed.
- ❖ Friday: Strength training; Total Body Workout
- ❖ Saturday: 10min warm-up; dynamic stretching. Run 2.5miles; 3 min walking breaks after each mile.
- ❖ Sunday: REST

## Week 2

- ❖ Monday: 10min warm-up; dynamic stretching. Run 2.5 miles moderate intensity; walk as needed.
- ❖ Tuesday: Cross train at moderate intensity for 35min.
- ❖ Wednesday: REST
- ❖ Thursday: 10min warm-up; dynamic stretching. Run 2 miles with consistent speed. Incline running can be incorporated.
- ❖ Friday: Strength Training: Total Body Workout.
- ❖ Saturday: 10min warm-up; dynamic stretching. Run 3 miles; 90sec walk breaks between miles.
- ❖ Sunday: REST

## Week 3

- ❖ Monday: 10min warm-up; dynamic stretching. Run 2.5miles moderate intensity. No resting!
- ❖ Tuesday: Cross-train at moderate intensity for 40min.
- ❖ Wednesday: REST
- ❖ Thursday: 10min warm-up; dynamic stretching. Run 1 easy mile. Run high intensity x 1 min. Recover with run/walk x 2min. Repeat for 2 miles.
- ❖ Friday: Strength Training; Total Body Workout
- ❖ Saturday: 10min warm-up; dynamic stretching. Run 3.5miles; 45sec rest breaks between each mile.
- ❖ Sunday: REST

## Week 4

- ❖ Monday: 10min warm-up; dynamic stretching. Run 3 miles with moderate intensity. No resting!
- ❖ Tuesday: 10min warm-up; dynamic stretching. Run 2.5miles. During run, increase intensity, 5x 30sec intervals. Alternate with 1 min easy running.
- ❖ Wednesday: REST
- ❖ Thursday: 10min warm-up; dynamic stretching. Cross-training at light intensity for 40min.
- ❖ Friday: REST
- ❖ Saturday: Jingle Bell Race Day!

**\*\*\* Call Fitnessology at 920.430.1348 to schedule a 1 hour Personal Training session to learn what cross training and dynamic stretching is all about and get your 5k training started!**

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