

Get Your Rear In Gear 5k Training Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Saturday Trainings will start promptly at 8 am North Parking Lot at Lake Merced Intersection of Sunset Blvd and Lake Merced Blvd. Location and time subject to change.</p>						6/3 KICK OFF – 1 MILE Warm Up Exercises Proper running form Pacing/breathing tips Cool down/stretching
4	5	6 Walk/Run - 15-20 min	7	8 Walk/Run - 15-20 min	9 REST DAY	10 1.5 MILES Foam rolling Clothing & gear clinic
11	12	13 Walk/Run – 20 min	14	15 Walk/Run – 20 min	16 REST DAY	17 2 MILES Strength & Cross Training
18 REST DAY	19 Cross Training (optional)	20 Walk/Run – 20 min	21 Cross Training (optional)	22 Walk/Run – 20 min	23 REST DAY	24 2.5 MILES
25 REST DAY	26 Cross Training (optional)	27 Walk/Run – 20-30 min	28 Cross Training (optional)	29 Walk/Run – 20-30 min	30 REST DAY	7/1 3 MILES
2 REST DAY	3 Cross Training (optional)	4 Walk/Run – 20-30 min	5 Cross Training (optional)	6 Walk/Run – 20-30 min	7 Walk/Run – 20 min	8 REST DAY

9
RACE DAY!
5K (3.1 MILES)
 Lake Merced

