

# ST LUKE'S/D&L RACEFEST 5K/TEAM RELAY TRAINING PROGRAM

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN
5/1/2023	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 20:00 10 INTERV :30 JOG 1:30 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 20:00 10 INTERV :30 JOG 1:30 WALK	REST	1 MILE WALK/JOG AT YOUR PACE
5/8/2023	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 22:00 11 INTERV :30 JOG 1:30 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 22:00 11 INTERV :30 JOG 1:30 WALK	REST	1.5 MILE WALK/JOG AT YOUR PACE
5/15/2023	STRENGTH TRAIN 20:00 WALK/BIKE 15:00 - 20:00	JOG/WALK 24:00 12 INTERV :45 JOG 1:15 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 24:00 12 INTERV :45 JOG 1:15 WALK	REST	2 MILE WALK/JOG AT YOUR PACE
5/22/2023	STRENGTH TRAIN 20:00 WALK/BIKE 15:00 - 20:00	JOG/WALK 26:00 13 INTERV :45 JOG 1:15 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 10:00 - 15:00	JOG/WALK 26:00 13 INTERV :45 JOG 1:15 WALK	REST	2.5 MILE WALK/JOG AT YOUR PACE
5/29/2023	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 28:00 14 INTERV 1:00 JOG 1:00 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 28:00 14 INTERV 1:00 JOG 1:00 WALK	REST	3 MILE WALK/JOG AT YOUR PACE
6/5/2023	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	3.25 MILE WALK/JOG AT YOUR PACE
6/12/2023	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:15 JOG :45 WALK	REST	3.25 MILE WALK/JOG AT YOUR PACE
6/19/2023	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:30 JOG :30 WALK	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG/WALK 30:00 15 INTERV 1:30 JOG :30 WALK	REST	3.5 MILE WALK/JOG AT YOUR PACE
6/26/2023	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG 30:00	REST	STRENGTH TRAIN 20:00 WALK/BIKE 20:00	JOG 20:00	REST	ST LUKE'S 5K

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WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN	TOTAL
7/3/2023	REST	REST	REST	REST	REST	REST	REST	REST
7/10/2023	REST	1.5	1.5	REST	1.5	1.5	1.5	7.5
7/17/2023	REST	1.5	2	REST	1.5	1.5	2	8.5
7/24/2023	REST	2	2	REST	2	1.5	2	9.5
7/31/2023	REST	2	2	REST	2	2	2.5	10.5
8/7/2023	REST	2	2.5	REST	2	2	3	11.5
8/14/2023	REST	2	3	REST	2	2	3	12
8/21/2023	REST	3	3	REST	2	2	3	13
8/28/2023	REST	3	3	REST	2	3	3	14
9/4/2023	REST	3	3	REST	3	2	4	15
9/11/2023	REST	3	3	REST	3	3	5	17
9/18/2023	REST	3	4	REST	3	3	5	18
9/25/2023	REST	4	4	REST	3	3	5	19
10/2/2023	REST	4	4	REST	4	3	5	20
10/9/2023	REST	4	5	REST	4	3	5	21
10/16/2023	REST	4	5	REST	4	4	5	22
10/23/2023	REST	4	5	REST	4	4	6	23
10/30/2023	REST	4	5	REST	4	5	6	24
11/6/2023	REST	4	4	REST	3	REST	ST LUKE'S D&L TEAM RELAY	14 - 17 DEPENDING ON LEG