

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

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN
4/27/2024	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
5/5/2024	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
5/12/2024	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
5/19/2024	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
5/26/2024	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
6/2/2024	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
6/9/2024	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
6/16/2024	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
6/23/2024	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
6/30/2024	REST	REST	REST	REST	REST	REST	REST	REST
7/7/2024	REST	1.5	1.5	REST	1.5	1.5	1.5	7.5
7/14/2024	REST	1.5	2	REST	1.5	1.5	2	8.5
7/21/2024	REST	2	2	REST	2	1.5	2	9.5
7/28/2024	REST	2	2	REST	2	2	2.5	10.5
8/4/2024	REST	2	2.5	REST	2	2	3	11.5
8/11/2024	REST	2	3	REST	2	2	3	12
8/18/2024	REST	3	3	REST	2	2	3	13
8/25/2024	REST	3	3	REST	2	3	3	14
9/1/2024	REST	3	3	REST	3	2	4	15
9/8/2024	REST	3	3	REST	3	3	5	17
9/15/2024	REST	3	4	REST	3	3	5	18
9/22/2024	REST	4	4	REST	3	3	5	19
9/29/2024	REST	4	4	REST	4	3	5	20
10/6/2024	REST	4	5	REST	4	3	5	21
10/13/2024	REST	4	5	REST	4	4	5	22
10/20/2024	REST	4	5	REST	4	4	6	23
10/27/2024	REST	4	5	REST	4	5	6	24
11/3/2024	REST	4	4	REST	3	REST	ST LUKE'S D&L TEAM RELAY	14 - 17 DEPENDING ON LEG