

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

WEEK OF	MON	TUE	WED	THR	FRI	SAT	SUN
4/27/2025	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
5/4/2025	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
5/11/2025	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
5/18/2025	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
5/25/2025	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
6/1/2025	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
6/8/2025	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
6/15/2025	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
6/22/2025	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
6/29/2025	REST	REST	REST	REST	REST	REST	REST	REST
7/6/2025	REST	1.5	1.5	REST	1.5	1.5	1.5	7.5
7/13/2025	REST	1.5	2	REST	1.5	1.5	2	8.5
7/20/2025	REST	2	2	REST	2	1.5	2	9.5
7/27/2025	REST	2	2	REST	2	2	2.5	10.5
8/3/2025	REST	2	2.5	REST	2	2	3	11.5
8/10/2025	REST	2	3	REST	2	2	3	12
8/17/2025	REST	3	3	REST	2	2	3	13
8/24/2025	REST	3	3	REST	2	3	3	14
8/31/2025	REST	3	3	REST	3	2	4	15
9/7/2025	REST	3	3	REST	3	3	5	17
9/14/2025	REST	3	4	REST	3	3	5	18
9/21/2025	REST	4	4	REST	3	3	5	19
9/28/2025	REST	4	4	REST	4	3	5	20
10/5/2025	REST	4	5	REST	4	3	5	21
10/12/2025	REST	4	5	REST	4	4	5	22
10/19/2025	REST	4	5	REST	4	4	6	23
10/26/2025	REST	4	5	REST	4	5	6	24
11/2/2025	REST	4	4	REST	3	REST	ST LUKE'S D&L TEAM RELAY	14 - 17 DEPENDING ON LEG