


Run (2.5 miles) OR Walk (1.5 miles) in Prinsburg on July 4 - for every finisher, sponsors give a donation to CMCS! Use this training plan to prepare. If you RUN the entire 2.5 mile course, you are eligible for prizes. See you on 7/4!

Training Plan

8 Week Freedom Fun Run Training Guide

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
MAY 9-15	Rest	1 min RUN 2 min WALK 20 min total	Rest	3 min RUN 2 min WALK 20 min total	Rest	3 min RUN 2 min WALK 20 min total	Rest
MAY 16-22	Rest	5 min RUN 2 min WALK Repeat 2x	Rest	5 min RUN 1 min WALK Repeat 2x	Rest	7 min RUN 1 min WALK Repeat 2x	Rest
MAY 23-29	Rest	7 min RUN 1 min WALK Repeat 2x	X-TRAIN	7 min RUN 1 min WALK Repeat 2x	Rest	7 min RUN 1 min WALK Repeat 2x	Rest
MAY 30-5	Rest	10 min RUN 1 min WALK Repeat 2x	X-TRAIN	10 min RUN 1 min WALK Repeat 2x	Rest	15 min RUN	Rest
JUNE 6-12	Rest	15 min RUN	X-TRAIN	18 min RUN	Rest	20 min RUN	Rest
JUNE 13-19	X-TRAIN	20 min RUN	X-TRAIN	25 min RUN	Rest	30 min RUN	Rest
JUNE 20-26	X-TRAIN	25 min RUN	X-TRAIN	30 min RUN	Rest	25 min RUN	Rest
JULY 4-10		Congrats! You made it to race day!					

Cross-train: Do any form of low-impact aerobic activity, as well as strength training. (Biking, swimming, elliptical, etc.) Spend a total of 30-45 minutes depending on fitness level.

Grab a partner, set a goal, and know your reward! See you on race day!

