

# 2019

## JANUARY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## FEBRUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

## MARCH

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## APRIL

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## MAY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## AUGUST

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## OCTOBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## NOVEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## DECEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# AUGUST 2019

## Pensacola Women's 5K Training Plan Beginner Edition



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Walk/Run 18	Recovery 19	Walk/Run 20	Crosstrain 21	Walk Day 22	Recovery 23	Bike/Hike/Swim 24
1-2 mi as 1 min walk/2 min run	Day off	1-2 mi as 1 min walk/1 min run	30 min steady, consistent effort	2 mi walk	Day off	be outside for 30 min
Walk/Run 25	Recovery 26	Walk/Run 27	Crosstrain 28	Walk Day 29	Recovery 30	Bike/Hike/Swim 31
1-2 mi as 30 sec walk/1 min run	Day off	2 mi as 1 min walk/2 min run	35 min your choice Options: bike, rower, swim, elliptical	2 mi walk	Day off	be outside for 35 min

### NOTES

Walk/Run: walk/running is a great way to train regardless of whether this is your first or 20th 5K. With this method you can get your body used to impact and increased HR while exercising and still perform well and safely.

Bike/Hike/Swim: have fun with this and try to be outside. Getting used to moving for this amount of time will help get you to race day!

Crosstrain: These crosstraining days give your body time to recover from previous workouts but also continue to develop your endurance and cardiovascular fitness. Your choice of method. Have fun

# SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Walk/Run 1	Recovery 2	Walk/Run 3	Crosstrain 4	Walk Day 5	Recovery 6	Bike/Hike/Swim 7
1-2 mi as 30 sec walk/1 min run	Day off, foam roll, stretch	2 mi as 1 min walk/2 min run	35 min your choice Options: bike, rower, swim, elliptical	2 mi walk	Day off	be outside for 35 min
Walk/Run 8	Recovery 9	Walk/Run 10	Crosstrain 11	RUN! 12	Recovery 13	Bike/Hike/Swim 14
2 mi as 1 min walk/2 min run	Day off, foam roll, stretch	2 mi as 30 sec walk/30 sec run	35 min your choice Options: bike, rower, swim, elliptical	1 mi run	Day off	be outside for 40 min
Walk/Run 15	Recovery 16	Walk/Run 17	Crosstrain 18	RUN! 19	Recovery 20	Bike/Hike/Swim 21
2 mi as 30 sec walk/3 min run	Day off, foam roll, stretch	2 mi as 15 sec walk/45 sec run	40 min your choice Options: bike, rower, swim, elliptical	1 mi run	Day off	be outside for 40 min
Walk/Run 22	Recovery 23	Walk/Run 24	Crosstrain 25	Walk Day 26	Recovery 27	Bike/Hike/Swim 28
2 mi as 30 sec walk/5 min run	Day off, foam roll, stretch	2 mi as 30 sec walk/30 sec run	45 min your choice Options: bike, rower, swim, elliptical	2 mi walk	Day off	be outside for 45 min
Walk/Run 29	Recovery 30					
2 mi as 30 sec walk/5 min run	Day off, foam roll, stretch					

## NOTES

RUN!: you will slowly increase your distance running without stopping until you get to 2.5 miles closer to race day

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# OCTOBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Walk/Run 1	Crosstrain 2	Run Day 3	Recovery 4	Bike/Hike/Swim 5
		2 mi as 15 sec walk/45 sec run	40 min your choice Options: bike, rower, swim, elliptical	1 mi run	Day off	be outside for 40 min
Walk/Run 6	Recovery 7	Walk/Run 8	Crosstrain 9	Run Day 10	Recovery 11	Bike/Hike/Swim 12
2.5 mi as 30 sec walk/3 min run	Day off, foam roll, stretch	2.5 mi 15 sec walk/45 sec run	45 min your choice Options: bike, rower, swim, elliptical	2 mi run	Day off	be outside for 45 min
Walk/Run 13	Recovery 14	Walk/Run 15	Crosstrain 16	Run Day 17	Recovery 18	Bike/Hike/Swim 19
3 mi as 1 min walk/6 min run	Day off, foam roll, stretch	2 mi as 30 sec walk/5 min run	45 min your choice Options: bike, rower, swim, elliptical	2 mi run	Day off	be outside for 45 min
Walk/Run 20	Recovery 21	Walk/Run 22	Recovery 23	Run Day 24	Recovery 25	Bike/Hike/Swim 26
3 mi run as 1 min walk/8 min run	Day off, foam roll, stretch	2.5 mi as 30 sec walk/3 min run	Day off, foam roll, stretch	2.5 mi run	Day off	be outside for 50 min
Walk/Run 27	Recovery 28	Walk/Run 29	Crosstrain 30	Walk Day 31		
2.5 mi as 30 sec walk/3 min run	Day off, foam roll, stretch	2 mi as 15 sec walk/4 min run	30 min your choice Options: bike, rower, swim, elliptical	3 mi walk		

## NOTES

Have fun walking the kids for Halloween!

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# NOVEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Crosstrain 1	Recovery 2
					45 min your choice Options: bike, rower, swim, elliptical	Have fun at packet pick up and the race expo. Don't walk too much. Rest, hydrate, and get psyched!
RACE DAY!!! 3	4	5	6	7	8	9
3.2 mi!!!! 10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## NOTES

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