



COACH ROZY'S 5K PREP - 8 WEEK PROGRAM BASICS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Jog	Strength	Rest	Interval	Alternative	Rest	Jog
Week 2	Strength	Jog	Interval	Rest	Jog	Alternative	Rest
Week 3	Strength	Jog	Rest	Interval	Alternative	Rest	Jog
Week 4	Alternative	Rest	Interval	Strength	Rest	Jog	Alternative
Week 5	Rest	Interval	Strength	Rest	Interval	Jog	Strength
Week 6	Interval	Alternative	Jog	Rest	Interval	Jog	Rest
Week 7	Alternative	Jog	Rest	Interval	Rest	Jog	Rest
Week 8	Alternative	Jog	Rest	Jog	Rest	Jog	Rest

Jog. For Week One, distance = 1 mile. Add a quarter mile to a half mile every week. If you add a half mile each week, you'll be prepared for the 5K in six weeks. Otherwise, you'll need to complete the eight-week program.

Strength. Lift a comfortable weight at first. Try to add a small amount of weight with each workout, even if it's only a few pounds.

Alternative. Keep it consistent at 20 to 30 minutes of cardio. Bike, swim, Coach Rozy Bootcamp, change it up!

Intervals. During the first week, sprint for 30 seconds and jog for one to two minutes. Each week thereafter, add five to 10 seconds to the sprint but keep the jogging period the same.

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