

**Mill Race - 5K Race  
Sept 24 2022**

**Level 1 5K**

5K TRAINING CHART								
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Miles Per Week
0						1	Walk	1
1	Rest	1	Cross Train	1.5	Rest	2	Walk	4.5
2	Rest	1	Cross Train	1.5	Rest	2	Walk	4.5
3	Rest	1.5	Cross Train	1.5	Rest	2	Walk	5
4	Rest	1.5	Cross Train	1.5	Rest	2	Walk	5
5	Rest	1.5	Cross Train	1.5	Rest	2	Walk	5
6	Rest	1.5	Cross Train	1.5	Rest	2.5	Walk	5.5
7	Rest	1.5	Cross Train	1.5	Rest	2.5	Walk	5.5
8	Rest	2	Cross Train	2	Rest	2.5	Walk	6.5
9	Rest	2	Cross Train	2	Rest	3	Walk	7
10	Cross Train	2	Cross Train	2	Rest	3	Walk	7
11	Cross Train	2	Cross Train	2	Rest	3	Walk	7
12	Cross Train	2	Cross Train	2	Rest	3	Walk	7
13	Cross Train	2	Cross Train	2	Rest	3	Walk	7
14	Cross Train	2.5	Cross Train	2.5	Rest	3	Walk	8
15	Cross Train	2.5	Cross Train	2.5	Rest	3	Walk	8
16	Cross Train	2.5	Cross Train	2.5	Rest	3	Walk	8
17	Cross Train	2.5	Cross Train	2	Rest	Race Day 3.1	Rest	7.6
								109

Cross Train = Cross fit, Yoga, Swimming, Cycling, Strength/Core Training, Deep Water Running, etc.