

**Mill Race - 5K Race  
Sept 23 2023**

**Level 1 5K**

5K TRAINING CHART									
WEEK	Date (Saturday / week)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Miles Per Week
							27-May-23	28-May-23	
0	May 27, 2023						1	Walk	1
1	June 03, 2023	Rest	1	Cross Train	1.5	Rest	2	Walk	4.5
2	June 10, 2023	Rest	1	Cross Train	1.5	Rest	2	Walk	4.5
3	June 17, 2023	Rest	1.5	Cross Train	1.5	Rest	2	Walk	5
4	June 24, 2023	Rest	1.5	Cross Train	1.5	Rest	2	Walk	5
5	July 01, 2023	Rest	1.5	Cross Train	1.5	Rest	2	Walk	5
6	July 08, 2023	Rest	1.5	Cross Train	1.5	Rest	2.5	Walk	5.5
7	July 15, 2023	Rest	1.5	Cross Train	1.5	Rest	2.5	Walk	5.5
8	July 22, 2023	Rest	2	Cross Train	2	Rest	2.5	Walk	6.5
9	July 29, 2023	Rest	2	Cross Train	2	Rest	3	Walk	7
10	August 05, 2023	Cross Train	2	Cross Train	2	Rest	3	Walk	7
11	August 12, 2023	Cross Train	2	Cross Train	2	Rest	3	Walk	7
12	August 19, 2023	Cross Train	2	Cross Train	2	Rest	3	Walk	7
13	August 26, 2023	Cross Train	2	Cross Train	2	Rest	3	Walk	7
14	September 02, 2023	Cross Train	2.5	Cross Train	2.5	Rest	3	Walk	8
15	September 09, 2023	Cross Train	2.5	Cross Train	2.5	Rest	3	Walk	8
16	September 16, 2023	Cross Train	2.5	Cross Train	2.5	Rest	3	Walk	8
17	September 23, 2023	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.