

DECA ICDC 5K

TRAINING PLAN

	SUN	MON	TUES	WED	THURS	FRI	SAT
1	CROSS-TRAIN	1 MILE Run 5 min, walk 1 min Repeat	REST	1 MILE Run 5 min, walk 30 sec Repeat	CROSS-TRAIN	REST	2 MILES Run 7 min, walk 1 min Repeat
2	CROSS-TRAIN	1.5 MILES Run 7 min, walk 30 sec Repeat	REST / CROSS-TRAIN	2 MILES Run 10 min, walk 1 min Repeat	CROSS-TRAIN	REST	2.5 MILES Run 10 min, walk 30 sec Repeat
3	CROSS-TRAIN	2 MILES Run 7 min, Walk 1 min, Repeat	REST / CROSS-TRAIN	2 MILES Run 2 min, walk 1 min Repeat	CROSS-TRAIN	REST	3 MILES Run as much as you can!
4	CROSS-TRAIN	2 MILES Run 8 min, walk 30 sec Repeat	REST / CROSS-TRAIN	1 MILE Run nonstop 20 MIN Run 2, Walk 1	CROSS-TRAIN	REST	