



**BRADEN ABOUD ANNUAL™
MEMORIAL RUN/WALK**
5K RUN / 5K & 1 MILE WALK

B STRONG TRAINING SCHEDULE

 B STRONG	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	Run 1 min Walk 1 min Do it 10 times	Rest	Run 2 min Walk 4 min Do it 5 times	Rest	Rest	Run 2 min Walk 4 min Do it 5 times	Rest
WEEK 2	Run 3 min Walk 3 min Do it 4 times	Rest	Run 3 min Walk 3 min Do it 4 times	Rest	Rest	Run 5 min Walk 3 min Do it 3 times	Rest
WEEK 3	Run 7 min Walk 2 min Do it 3 times	Rest	Run 8 min Walk 2 min Do it 3 times	Rest	Rest	Run 8 min Walk 2 min Do it 3 times	Rest
WEEK 4	Run 8 min Walk 2 min Do it 3 times	Rest	Run 10 min Walk 2 min Do it 2 times, Then run 5 min	Rest	Rest	Run 8 min Walk 2 min Do it 3 times,	Rest
WEEK 5	Run 9 min Walk 1 min Do it 3 times	Rest	Run 12 min Walk 2 min Do it 2 times, Then run 5 min	Rest	Rest	Run 8 min Walk 2 min Do it 3 times	Rest
WEEK 6	Run 15 min Walk 1 min Do it 2 times	Rest	Run 8 min Walk 2 min Do it 3 times	Rest	Rest	Rest	5K RUN!

This training schedule is based on a three day a week schedule and assumes that you don't run yet. It's designed to get you through the race comfortably with a few short walk breaks.

On race day you will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly, and don't wait until you are exhausted before taking some one minute walk breaks.

As usual, you should consult your doctor before starting any fitness program.