

# Mom Day 5k Intermediate 12 Week Training Plan



**Stronger Every Mile**

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 18 <sup>th</sup>	Rest	Cross-Train for 20 minutes	Walk for 20 minutes	Run/Walk for 15 minutes (alternate every 2 minutes)	Walk for 20 minutes	Rest	Run/Walk for 20 minutes (alternate every 2 minutes)
February 25 <sup>th</sup>	Rest	Cross-Train for 20 minutes	Walk for 20 minutes	Run/Walk for 15 minutes (alternate every 2 minutes)	Walk for 20 minutes	Rest	Run/Walk for 20 minutes (alternate every 2 minutes)
March 3 <sup>rd</sup>	Rest	Cross-Train for 25 minutes	Walk for 25 minutes	Run/Walk for 20 minutes (alternate every 2 minutes)	Walk for 25 minutes	Rest	Run/Walk for 20 minutes (alternate every 2 minutes)
March 10 <sup>th</sup>	Rest	Cross-Train for 25 minutes	Walk for 25 minutes	Run/Walk for 15 minutes (alternate every 3 minutes)	Walk for 25 minutes	Rest	Run/Walk for 20 minutes (alternate every 3 minutes)

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 17 <sup>th</sup>	Rest	Cross-Train for 30 minutes	Walk for 30 minutes	Run/Walk for 20 minutes (alternate every 4 minutes)	Walk for 30 minutes	Rest	Run/Walk for 20 minutes (alternate every 4 minutes)
March 24 <sup>th</sup>	Rest	Cross-Train for 30 minutes	Walk for 30 minutes	Run/Walk for 20 minutes (alternate every 4 minutes)	Walk for 30 minutes	Rest	Run/Walk for 20 minutes (alternate every 4 minutes)
March 31 <sup>st</sup>	Rest	Cross-Train for 40 minutes	Walk for 40 minutes	Run/Walk for 30 minutes (alternate every 5 minutes)	Walk for 40 minutes	Rest	Run/Walk for 30 minutes (alternate every 5 minutes)
April 7 <sup>th</sup>	Rest	Cross-Train for 40 minutes	Walk for 40 minutes	Run/Walk for 30 minutes (alternate every 5 minutes)	Walk for 40 minutes	Rest	Run/Walk for 30 minutes (alternate every 5 minutes)

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 14 <sup>th</sup>	Rest	Cross-Train for 40 minutes	Walk for 45 minutes	Run/Walk for 40 minutes (alternate every 5 minutes)	Walk for 45 minutes	Rest	Run/Walk for 35 minutes (alternate every 5 minutes)
April 21 <sup>st</sup>	Rest	Cross-Train for 40 minutes	Walk for 45 minutes	Run/Walk for 40 minutes (run as long as able before walk breaks)	Walk for 45 minutes	Rest	Run/Walk for 35 minutes (run as long as able before walk breaks)
April 28 <sup>th</sup>	Rest	Cross-Train for 40 minutes	Walk for 45 minutes	Run/Walk for 40 minutes (run as long as able before walk breaks)	Walk for 45 minutes	Rest	Run/Walk for 40 minutes (run as long as able before walk breaks)
May 5 <sup>th</sup>	Rest	Cross-Train for 45 minutes	Walk for 45 minutes	Run/Walk for 45 minutes (run as long as able before walk breaks)		Rest	Walk or rest and get ready for tomorrow's 5k!

\*Cross-Train = elliptical, swimming, yoga, simply stretching and moving your body. The point here is to increase your cardiovascular capacity each week!