



TWISTER'S TRAINING PLAN

BEGINNER 5K TRAINING PLAN



RACE DAY: SATURDAY, OCTOBER 8 - 5:00PM

Presented By: **POWERADE**
ION⁴ ADVANCED ELECTROLYTE SYSTEM

REGISTRATION INCLUDES:



TECHNICAL SHIRT

FOOD/DRINK TICKETS



FINISHERS CUP

**+
ADMISSION TO EXHIBITION GAME**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1		Run 1 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Run 2 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Rest	Run 3 Min. Walk 1 Min. For 30 Minutes
WEEK 2	Rest or Walk For 30 Minutes	Run 4 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Run 5 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Rest	Run 6 Min. Walk 1 Min. For 30 Minutes
WEEK 3	Rest or Walk For 30 Minutes	Run 7 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Run 8 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Rest	Run 9 Min. Walk 1 Min. For 30 Minutes
WEEK 4	Rest or Walk For 30 Minutes	Run 10 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Run 12 Min. Walk 1 Min. For 30 Minutes	Walk or Crosstrain For 30 Minutes	Rest	Run 14 Min. Walk 1 Min. For 30 Minutes
WEEK 5	Rest or Walk For 30 Minutes	Run 16 Min. Walk 1 Min. Run 13 Min.	Walk or Crosstrain For 30 Minutes	Run 18 Min. Walk 1 Min. Run 11 Min.	Walk or Crosstrain For 30 Minutes	Rest	Run 20 Min. Walk 1 Min. Run 9 Min.
WEEK 6	Rest or Walk For 30 Minutes	Run 22 Min. Walk 1 Min. Run 7 Min.	Walk or Crosstrain For 30 Minutes	Run 24 Min. Walk 1 Min. Run 5 Min.	Walk or Crosstrain For 30 Minutes	Rest	Run 26 Min. Walk 1 Min. Run 3 Min.
WEEK 7	Rest or Walk For 30 Minutes	Run 28 Min. Walk 1 Min. Run 1 Min.	Walk or Crosstrain For 30 Minutes	Run 30 Min.	Walk or Crosstrain For 30 Minutes	Rest	5k race day!

REGISTER ONLINE:
www.cycloneshockey.com