

5k Fury - 9 Week Training Schedule

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	(W4/R1) * 6	(W4/R1) * 6	(W4/R1) * 6	Rest	(W3/R2)*6	Rest
2	Rest	(W3/R2) * 6	(W3/R2) * 5	(W3/R2) * 6	Rest	(W3/R2)*6	Rest
3	Rest	(W3/R2) * 6	(W2/R4) * 3	(W3/R2) * 6	Rest	(W3/R6) * 3	Rest
4	Rest	(W2/R3) * 6	(W2/R6) * 4	(W2/R3) * 6	Rest	(W3/R8) * 2	Rest
5	Rest	(W2/R3) * 6	(W1/R8) * 3	(W2/R3) * 6	Rest	R12	Rest
6	Rest	(W1/R4) * 6	(W1/R10) * 3	(W1/R4) * 6	Rest	R18	Rest
7	Rest	(W1/R4) * 6	(W1/R15) * 2	(W1/R4) * 6	Rest	R25	Rest
8	Rest	(W1/R4) * 6	R20	(W1/R4) * 6	Rest	R30	Rest
9	Rest	(W3/R2) * 6	(W2/R10) * 3	Rest	Rest	5K	Rest

W=Walk

R=Run

W2/R3 * 6 = Walk 2 miles. Run 3 miles. Repeat 6 times

R18 = Run 18 minutes

5k Fury - 9 Week Training Log

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	(W4/R1) * 6	(W4/R1) * 6	(W4/R1) * 6	Rest	(W3/R2)*6	Rest
2	Rest	(W3/R2) * 6	(W3/R2) * 5	(W3/R2) * 6	Rest	(W3/R2)*6	Rest
3	Rest	(W3/R2) * 6	(W2/R4) * 3	(W3/R2) * 6	Rest	(W3/R6) * 3	Rest
4	Rest	(W2/R3) * 6	(W2/R6) * 4	(W2/R3) * 6	Rest	(W3/R8) * 2	Rest
5	Rest	(W2/R3) * 6	(W1/R8) * 3	(W2/R3) * 6	Rest	R12	Rest
6	Rest	(W1/R4) * 6	(W1/R10) * 3	(W1/R4) * 6	Rest	R18	Rest
7	Rest	(W1/R4) * 6	(W1/R15) * 2	(W1/R4) * 6	Rest	R25	Rest
8	Rest	(W1/R4) * 6	R20	(W1/R4) * 6	Rest	R30	Rest
9	Rest	(W3/R2) * 6	(W2/R10) * 3	Rest	Rest	5K	Rest