



7 WEEKS TO 5K TRAINING PLAN

GREAT AMERICAN RIVER RUN 5K

MAY 25, 2024



	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	1 MILE	REST	1 MILE	REST	1 MILE	REST	REST
Week 2	1.25 MILES	REST	1.25 MILES	REST	1.5 MILES	REST	REST
Week 3	1.5 MILES	CROSS TRAIN	1.5 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	REST
Week 4	2 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	REST
Week 5	2 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	2.5 MILES	CROSS TRAIN	REST
Week 6	2.5 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	2.75 MILES	CROSS TRAIN	REST
Week 7	3 MILES	CROSS TRAIN	2 MILES	CROSS TRAIN	REST	RACE DAY!	REST

REGISTER TO RUN TODAY AT memphisinmay.org/garr