

Trecho 5 Week 5k	Soli deo Gloria						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec22-28	Rest	Walk 10-15 min	Merry Christmas!	Walk 10-15 min	Walk only 1 mile	Rest	Walk/Jog 10-15 min
Dec 29-Jan 4	Rest	1 min jumping jacks x 5	Easy Walk/Jog 10-15 min	Rest	Walk/Jog only 1.5 miles	Rest	Walk/Jog 15-20 min
Jan 5-11	Rest	1 min high knees or squats x 5	Easy Walk/Jog 15-20 min	Rest	Walk/Jog only 2 miles	Rest	Walk/Jog 20-25 min
Jan 12-18	Rest	2 min jumping jacks x 3	Easy Walk/Jog 20-25 min	Rest	Walk/Jog only 2.5 miles	Rest	Walk/Jog 25-30 min
Jan 19-25	Rest	2 min high knees or squats x 3	Easy Walk/Jog 25-30 min	Rest	Walk/Jog only 3 miles	Rest or easy walk 10-15 min	New Year Resolution Run!
Focus on your breathing! Deep breaths in, and controlled breaths out. Before, during, and after.							
Download Strava, and use your phone to track the distance that you travel each day.							
Get out and walk/jog rain or shine comfortable or cold!							
Don't be afraid to use your own neighborhood!!							
Use mapometer.com to make known routes for yourself.							
What is your goal?	A certain time?	Just to finish? Just because?					