

Trecho 5 Week 5k	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec22-28	Rest	Jog 10-15 min	Merry Christmas!	Jog 10-15 min	Jog only 1 mile	Rest	Jog/Run 10-15 min
Dec 29-Jan 4	Rest	1 min jumping jacks x5, and 1 min squats x5	Easy Walk/Jog 10-15 min	Rest	Jog only 1.5 miles	Rest	Jog/Run 15-20 min
Jan 5-11	Rest	1 min high knees x5, and 1 min lunges x5	Easy Walk/Jog 15-20 min	Rest	Jog/Run only 2 miles	Rest	Jog/Run 20-25 min
Jan 12-18	Rest	2 min jumping jacks x3, and 2 min squats x3	Easy Walk/Jog 20-25 min	Rest	Jog/Run only 2.5 miles	Rest	Jog/Run 25-30 min
Jan 19-25	Rest	2 min high knees x3, and 2 min lunges x3	Easy Walk/Jog 25-30 min	Rest	Jog/Run only 3 miles	Rest or easy jog 10-15 min	New Year Resolution Run!
							8am @ the FBCT Fountain
What is your goal?	A certain time?	Just to finish? Just because? To beat your	friend?				
DON'T over do it too soon. Ease	into the goal	that you have set for yourself. And allow it to	change as life happens as	you train.			
Focus on your breathing! Deep	breaths in, and	controlled breaths out before, during, and after.					
Use mapometer.com to make	known routes	and so you will know how long those routes are.					
Don't be afraid to use your own	neighborhood!!						
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!					