

MRAC HBCU 5K TRAINING PLAN

SUNDAY	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6 run/walk 1 mile Connect with Accountability Partner(s)/Sister Circle
7 30 mins of yoga you tube	8 run/walk 1 mile	9 REST	10 run/walk 1.5 miles	11 30 mins of strength training upper body*	12 REST	13 run/walk 2 miles
14 30 mins of pilates you tube	15 run/walk 2 miles	16 REST	17 run/walk 2 miles	18 30 mins of strength training lower body*	19 REST	20 run/walk 2.5 miles
21 30 mins of yoga you tube	22 run/walk 2.5 miles	23 REST	24 run/walk 2.5 miles	25 Rest	26 HBCU Virtual 5K starts (3.1 miles)	27 HBCU Virtual 5K
28 HBCU Virtual 5K	29 HBCU Virtual 5K	30 HBCU Virtual 5K	1 HBCU Virtual 5K	2 HBCU Virtual 5K	3 Virtual 5K ends Upload results using any tracking app by signing into race Roster account	