

Run away from ZOMBIES

Goal: Increase to 5K distance, minimize walking breaks, gain strength in preparation for 5K spring training

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles
	Run/Walk	Rest	Run/Walk	Rest	Run/Walk	Rest	Rest	
1	4 sessions of 0.5 mi run with a 5 min walk at the start of 0.25 mi (total 2 mi); drills		4 sessions of 0.5 mi run with a 5 min walk at the start of 0.25 mi (total 2 mi)		4 sessions of 0.5 mi run with a 5 min walk at the start of 0.25 mi (total 2 mi); drills			9
2	4 sessions of 0.5 mi run with a 5 min walk at the start of 0.25 mi (total 2 mi); drills		2 sessions of 0.75 mi run, 0.25 mi walk (total 2 mi)		4 sessions of 0.5 mi run with a 5 min walk at the start of 0.25 mi (total 2 mi); drills			9
3	2 sessions of 0.5 mi run, 0.5 mi walk; drills		2 sessions of 0.5 mi run, 0.5 mi walk		2 sessions of 0.5 mi run, 0.5 mi walk; drills			9
4	2 sessions of 0.75 mi run, 0.25 mi walk (total 2 mi); drills		2 sessions of 0.75 mi run, 0.25 mi walk (total 2 mi)		2 sessions of 0.75 mi run, 0.25 mi walk (total 2 mi); drills			9
5	2 sessions of 0.75 mi run, 0.25 mi walk (total 2 mi); drills		3 sessions of 0.75 mi run, 0.25 mi walk (total 3 mi)		2 sessions of 0.75 mi run, 0.25 mi walk (total 2 mi); drills			10
6	2 sessions of 0.5 mi run, 0.5 mi walk; drills		2 sessions of 0.5 mi run, 0.5 mi walk		2 sessions of 0.5 mi run, 0.5 mi walk; drills			9
7	3 sessions of 0.75 mi run, 0.25 mi walk (total 3 mi); drills		3 sessions of 0.75 mi run, 0.25 mi walk (total 3 mi)		3 sessions of 0.75 mi run, 0.25 mi walk (total 3 mi); drills			12
8	3 sessions of 0.75 mi run, 0.25 mi walk (total 3 mi); drills		3 sessions of 1 mi run, 0.25 mi walk (total 3.75 mi)		3 sessions of 0.75 mi run, 0.25 mi walk (total 3 mi); drills			13
9	2 sessions of 0.5 mi run, 0.5 mi walk; drills		2 sessions of 0.5 mi run, 0.5 mi walk		2 sessions of 0.5 mi run, 0.5 mi walk; drills			9
10	3 sessions of 1 mi run, 0.25 mi walk (total 3.75 mi), drills		3 sessions of 1 mi run, 0.25 mi walk (total 3.75 mi)		3 sessions of 1 mi run, 0.25 mi walk (total 3.75 mi), drills			14

Created by Rebekah Hamrick at RunAwayFromZombies.com