




# BRADEN ABOUD ANNUAL MEMORIAL RUN/WALK 5K RUN/WALK & 1 MILE WALK

# B-Fit Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Run 1 min Walk 1 min Do it 10 times	Rest	Run 2 mins Walk 4 mins Do it 5 times	Rest	Rest	Run 2 mins Walk 4 mins Do it 5 times	Rest
Week 2	Run 3 mins Walk 3 mins Do it 4 times	Rest	Run 3 mins Walk 3 mins Do it 4 times	Rest	Rest	Run 5 mins Walk 3 mins Do it 3 times	Rest
Week 3	Run 7 mins Walk 2 mins Do it 3 times	Rest	Run 8 mins Walk 2 mins Do it 3 times	Rest	Rest	Run 8 mins Walk 2 mins Do it 3 times	Rest
Week 4	Run 8 mins Walk 2 mins Do it 3 times	Rest	Run 10 mins Walk 2 mins Do it 2 times, then 5 min run	Rest	Rest	Run 8 mins Walk 2 mins Do it 3 times	Rest
Week 5	Run 9 mins Walk 1 min Do it 3 times	Rest	Run 12 mins Walk 2 mins Do it 2 times then 5 min run	Rest	Rest	Run 8 mins Walk 2 mins Do it 3 times	Rest
Week 6	Run 15 mins Walk 1 min Do it 2 times	Rest	Run 8 mins Walk 2 mins Do it 3 times	Rest	Rest	Rest	<b>5K RUN!</b>

This training schedule is based on a three day a week schedule and assumes that you don't run yet. It's designed to get you through the race comfortably with a few short walk breaks.

On race day you will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly, and don't wait until you are exhausted before taking some one-minute walk breaks.

As usual, you should consult your doctor before starting any fitness program.



**THE BRADEN ABOUD  
MEMORIAL FOUNDATION**