

# THE FREESTYLE 5K & 1K KIDS RUN

# Training Program

Each work out will begin with a **Warm Up (WU) of 5 minutes of brisk walking** and a **Cool Down (CD) of 5-10 minutes of walking**.

**Rest Days (R)** are designated for the participant to perform cross-training or rehab exercises.

## Week 1 Build Your Base 1/4

Day 1: **WU**- 2 min Run, 1 min Walk x 3 Repeats- **CD**  
Day 2: **Rest**  
Day 3: 2 min Run, 1 min Walk x 4  
Day 4: R  
Day 5: 2 min Run, 1 min Walk x 5  
Day 6: R  
Day 7: 2 min Run, 1 min Walk x 5

## Week 2 Build Your Base 2/4

Day 1: R  
Day 2: 3 min Run, 1 min Walk x 3  
Day 3: R  
Day 4: 3 min Run, 1 min Walk x 4  
Day 5: R  
Day 6: 3 min Run, 1 min Walk x 5  
Day 7: R

## Week 3 Build Your Base 3/4

Day 1: R  
Day 2: 3 min Run, 30 sec Walk x 4  
Day 3: R  
Day 4: 3 min Run, 30 sec Walk x 5  
Day 5: R  
Day 6: 3 min Run, 30 sec Walk x 6  
Day 7: R

## Week 4 Build Your Base 4/4

Day 1: 4 min Run, 1 min Walk x 3  
Day 2: R  
Day 3: 4 min Run, 1 min Walk x 4  
Day 4: R  
Day 5: 4 min Run, 1 min Walk x 5  
Day 6: R  
Day 7: 4 min Run, 1 min Walk x 6

## Week 5 Improve Endurance 1/2

Day 1: R  
Day 2: 8 min Run, 2 min Walk x 2  
Day 3: R  
Day 4: 9 min Run, 2 min Walk x 2  
Day 5: R  
Day 6: 10 min Run, 2 min Walk x 2  
Day 7: R

## Week 6 Improve Endurance 2/2

Day 1: 9 min Run, 1 min Walk x 2  
Day 2: R  
Day 3: 15 min Run  
Day 4: R  
Day 5: 9 min Run, 1 min Walk x 2  
Day 6: R  
Day 7: 15 min Run

## Week 7 Build Confidence 1/2

Day 1: R  
Day 2: 12 min Run, 1 min Walk x 2  
Day 3: R  
Day 4: 20 min Run  
Day 5: R  
Day 6: 14 min Run, 1 min Walk x 2  
Day 7: R

## Week 8 Build Confidence 2/2

Day 1: 20 min Run  
Day 2: R  
Day 3: 24 min Run  
Day 4: R  
Day 5: 28 min Run  
Day 6: R  
Day 7: 32 min Run