

Movement of the Month Club

FASTEST
5K

For details go to bit.ly/MOTMCRunning

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Rest	3 mi run (easy)	35 min tempo	3 mi run (easy)	Rest	Rest	5k (goal race pace)
Rest	3 mi run (easy)	7 x 400m repeats (90 second rest b/w reps)	3 mi run (easy)	Rest	4 mi tempo	6 mi run (easy)
Rest	3 mi run (easy)	40 min tempo	3 mi run (easy)	Rest	5 mi run (easy)	7 mi run (easy)
Rest	3 mi run (easy)	8 x 400m repeats (90 second rest b/w reps)	3 mi run (easy)	Rest	5 mi tempo	7 mi run (easy)
Rest	3 mi run (easy)	30 min tempo	3 mi run (easy)	Rest	RACE DAY!	