

The Coast Guard Festival Run is Saturday, July 25th, Plan to Join us!

Run a 5K in 9 weeks (Run 3 times a week, dates are suggested)

WEEK	DATE	DESCRIPTION	COMPLETED	TIME
week 1	25-May	Brisk 5 minute walk, then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes		
week 1	27-May	Brisk 5 minute walk, then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes		
week 1	29-May	Brisk 5 minute walk, then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes		
week 2	1-Jun	Brisk 5 minute walk, then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes		
week 2	3-Jun	Brisk 5 minute walk, then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes		
week 2	5-Jun	Brisk 5 minute walk, then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes		
week 3	8-Jun	Brisk 5 minute walk, then do 2 repetitions of the following: a) jog 200 yards or 90 seconds, b) walk 200 yards or 90 seconds, c) jog 400 yards or 3 minutes, d) walk 400 yards or 3 minutes		
week 3	10-Jun	Brisk 5 minute walk, then do 2 repetitions of the following: a) jog 200 yards or 90 seconds, b) walk 200 yards or 90 seconds, c) jog 400 yards or 3 minutes, d) walk 400 yards or 3 minutes		
week 3	12-Jun	Brisk 5 minute walk, then do 2 repetitions of the following: a) jog 200 yards or 90 seconds, b) walk 200 yards or 90 seconds, c) jog 400 yards or 3 minutes, d) walk 400 yards or 3 minutes		
week 4	15-Jun	Brisk 5 minute walk, then jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes, walk 1/4 mile or 2.5 minutes, jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes.		
week 4	17-Jun	Brisk 5 minute walk, then jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes, walk 1/4 mile or 2.5 minutes, jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes.		
week 4	19-Jun	Brisk 5 minute walk, then jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes, walk 1/4 mile or 2.5 minutes, jog 1/4 mile or 3 minutes, walk 1/8 mile or 90 seconds, jog 1/2 mile or 5 minutes.		
week 5	22-Jun	Brisk 5 minute walk, then jog 1/2 mile or 5 minutes, walk 1/4 mile or 3 minutes, jog 1/2 mile or 5 minutes, walk 1/4 mile or 3 minutes, jog 1/2 mile or 5 minutes		
week 5	24-Jun	Brisk 5 minute walk, then jog 3/4 mile or 8 minutes, walk 1/2 mile or 5 minutes, jog 3/4 mile or 8 minutes		
week 5	26-Jun	Brisk 5 minute walk, then jog two miles or 20 minutes with no walking		
week 6	29-Jun	Brisk 5 minute walk, then jog 1/2 mile or 5 minutes, walk 1/4 mile or 3 minutes, jog 1/2 mile or 5 minutes, walk 1/4 mile or 3 minutes, jog 1/2 mile or 5 minutes		
week 6	1-Jul	Brisk 5 minute walk, then jog 1 mile or 10 minutes, walk 1/4 mile or 3 minutes, jog 1 mile or 10 minutes		
week 6	3-Jul	Brisk 5 minute walk, then jog 2 1-4 miles or 25 minutes with no walking		
week 7	6-Jul	Brisk 5 minute walk, then jog 2.5 miles or 25 minutes		
week 7	8-Jul	Brisk 5 minute walk, then jog 2.5 miles or 25 minutes		
week 7	10-Jul	Brisk 5 minute walk, then jog 2.5 miles or 25 minutes		
week 8	13-Jul	Brisk 5 minute walk, then jog 2.75 miles or 28 minutes		
week 8	15-Jul	Brisk 5 minute walk, then jog 2.75 miles or 28 minutes		
week 8	17-Jul	Brisk 5 minute walk, then jog 2.75 miles or 28 minutes		
week 9	20-Jul	Brisk 5 minute walk, then jog 3 miles or 30 minutes		
week 9	22-Jul	Brisk 5 minute walk, then jog 3 miles or 30 minutes		
week 9	25-Jul	Coast Guard Run 5K OR Brisk 5 minute walk, then jog 3 miles or 30 minutes		

CONGRATULATIONS!