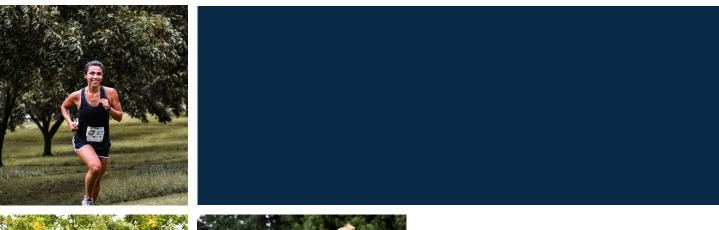


## **6 WEEK** TRAINING PROGRAM





RUN THE 2021 CHILD FREEDOM 5K WITH CONFIDENCE



## 6 WEEK TRAINING PROGRAM

	WORKOUT 1	<b>WORKOUT 2</b>	WORKOUT 3	<b>WORKOUT 4</b>
WEEK	5 minute brisk walk warm-up. Alternate between 30 seconds of jogging + 2 min. of walking for 20 min. TOTAL TIME: 25 MIN.	5 minute brisk walk warm-up. Alternate between 30 seconds of jogging + 2 min. of walking for 20 min. TOTAL TIME: 25 MIN.	5 minute brisk walk warm-up. Alternate between 60 seconds of jogging + 2 min. of walking for 20 min. TOTAL TIME: 25 MIN.	Beginner Strength Routine For Runners #1 <b>VIDEO CUIDE</b> 6 SETS
XEEK	<b>WORKOUT 5</b>	<b>WORKOUT 6</b>	WORKOUT 7	<b>WORKOUT 8</b>
	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	Beginner Strength Routine For Runners #1 <b>VIDEO GUIDE</b>
	Alternate between 60 seconds of jogging + 2 min. of walking for 20 min.	Alternate between 60 seconds of jogging + 90 seconds of walking for 25 min.	Alternate between 60 seconds of jogging + 90 seconds of walking for 25 min.	
	TOTAL TIME: 25 MIN.	TOTAL TIME: 30 MIN.	TOTAL TIME: 30 MIN.	6 SETS
				WODKOUT 12
	<b>WORKOUT 9</b>	WORKOUT 10	WORKOUT 11	WORKOUT 12
XIIII A	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	Beginner Strength Routine For Runners #2 <b>VIDEO GUIDE</b>
	Alternate between 90 seconds of jogging + 60 seconds of walking	Alternate between 90 seconds of slow run- ning + 60 seconds of	Alternate between 90 seconds of slow run- ning + 60 seconds of	
	for 27 min.	walking for 27 min.	walking for 30 min.	
	TOTAL TIME: 32 MIN.	TOTAL TIME: 32 MIN.	TOTAL TIME: 35 MIN.	3 SETS



## 6 WEEK TRAINING PROGRAM

	WORKOUT 13	WORKOUT 14	WORKOUT 15	WORKOUT 16
	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	Beginner Strength Routine For Runners
	Alternate between 90 seconds of slow run- ning +60 seconds of	Alternate between 3 mins. of slow running + 30 seconds of walk-	Alternate between 4 mins. of running + 30 seconds of walking for	#2 VIDEO GUIDE
	walking for 30 min. TOTAL TIME: 35 MIN.	ing for 33 min.	33 min. TOTAL TIME: 38 MIN.	3 SETS
KIN STATE	WORKOUT 17	WORKOUT 18	WORKOUT 19	WORKOUT 20
	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.
	Alternate between 5 mins. of running + 30 seconds of walking for 35 min.	Alternate between 10 mins. of running + 30 seconds of walking for 35 min.	Run slowly for 20 mins. then walk quickly/jog slowly for 15 mins	Run slowly for 22 mins. then walk quickly/jog slowly for 15 mins
	TOTAL TIME: 40 MIN.	TOTAL TIME: 40 MIN.	TOTAL TIME: 40 MIN.	TOTAL TIME: 42 MIN.
	WORKOUT 21	WORKOUT 22	WORKOUT 23	WORKOUT 24
MEEK	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.	5 minute brisk walk warm-up.
	Run slowly for 25 mins. then walk quickly/jog slowly for 10 mins.	Run slowly for 27 mins then walk quickly/jog slowly for 8 mins.	Run slowly for 30 mins.	Run slowly for 30 mins.
	TOTAL TIME: 40 MIN.	TOTAL TIME: 40 MIN.	TOTAL TIME: 40 MIN.	TOTAL TIME: 40 MIN.



## KEYS TO SUCCESS

Use a smart phone, smart watch, or stop watch to time your workouts.

For training outside, try running in the AM or PM to avoid peak heat.

Use a playlist of your favorite songs for motivation.

Dedicate 5 minutes to stretching **before** and **after** your workout.

Fuel your body with plenty of water + high protein foods after your workout.





Eat a light breakfast or plan to eat after your run.

Start stretching aroung 8 AM so you can fully warm up.

Have your headphones and running playlist ready.

Get your packet at early packet pickup on September 17.

Bring your course map with you on the run.

Have an amazing time! Thank you for being the difference.



100% of your Child Freedom 5K registration fee is currently providing a month of care for a child rescued from human trafficking in South Asia. By running today, you've changed their life. Learn more or sponsor a child at **ChildFreedom.org**