

TWIN CITIES ORTHOPEDICS'

WOMEN RUN THE CITIES

PRESENTED BY PNC BANK

5K "RETURN TO RUN" PLAN

presented by Moms on the Run

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	1 mile walk/run. Walk for 3 min, jog for 3 min. Repeat for 1 mile	25 min cross train/strength	1.5 mile walk/run. Walk for 3 min, jog for 3 min. Repeat	Rest Day	2 mile walk/jog. Walk for 3 min, jog for 3 min. Repeat for 2 miles	35 min cross train/strength
2	Rest Day	1.5 mile walk/jog. Walk for 3 min, jog for 5 min. Repeat for 1.5 miles	30 min cross train/strength	1.5 mile walk/run. Walk for 3 min, jog for 5 min. Repeat for 1.5 miles. 6x100 strides	Rest Day	2.5 mile walk/jog. Walk for 3 min, jog for 7 min. Repeat for 2.5 miles	40 min cross train/strength
3	Rest Day	2 mile walk/jog. Walk for 3 min, jog for 7 min. Repeat for 2 miles	30 min cross train/strength	2 mile walk/jog. Walk for 2 min, jog for 8 min. Repeat for 2 miles	Rest Day	2.5 mile walk/jog. Walk for 2 min, jog for 8 min. Repeat for 2.5 miles	45 min cross train/strength
4	Rest Day	2.5 mile walk/jog. Walk for 2 min, jog for 8 min. Repeat for 2.5 miles	25 min cross train/strength	2.5 mile walk/jog. Walk for 2 min, jog for 8 min. Repeat for 2.5 miles. 6x100 strides	Rest Day	2.5 mile walk/jog. Walk for 2 min, jog for 10 min. Repeat for 2.5 miles	50 min cross train/strength
5	Rest Day	2 mile walk/run. Run for 10 min, walk for 2 min. Repeat for 2 miles	20 min cross train/strength	2.5 mile walk/run. Run for 10 min, walk for 2 min. Repeat for 2.5 miles	Rest Day	3 mile walk/run. Run for 12 min, walk for 2. Repeat for 3 miles	55 min cross train/strength
6	Rest Day	2 mile walk/run. Run for 12 min, walk for 2 min. Repeat for 2 miles	Rest Day	2 mile walk/jog. Walk for 2 min, jog for 8 min. Repeat for 2 miles	Rest Day	1 mile walk/jog	RACE DAY!!

Notes- Always begin with a 3-5 minute walking warmup. **Day Off** - No working out. Use these days to rest and recover. Also can use this day as a make-up day if life gets busy. **Run Days** - Run the suggested miles at an easy/conversational pace and on the days with strides, i.e., sprints about 1 city block long with equal amount of recovery. **Cross Train Days/Strength** - Lets work our hearts but rest our legs and still build our cardiovascular system: elliptical, cycle, swim, etc. **Strength** - Light weights and/or body weight exercises: planks, pushups, dips, lunges, squats, circuit training, etc. **Long Run** - Run the suggested amount of miles at an easy/conversational pace. This plan was developed by Olympian Carrie Tollefson, the National Fitness Director for Moms on the Run. She encourages athletes to take walk breaks when needed and to listen to their bodies. Join Moms on the Run for a more detailed and structured plan.