



SANDHILL CRANE VINEYARDS

AUGUST 18, 2018



5K • 5M • HALF MARATHON • JACKSON, MI

5K TRAINING SCHEDULE

The following schedule is a great place to start! Feel free to make minor modifications to fit your home and work schedule.

Week Of	MON	TUE	WED	THU	FRI	SAT	SUN
June 3		1		1		1	
June 10		1.5		1		1	
June 17		1.5		1		1.5	
June 24	1	1.5		1.5		1.5	
July 1	1	2		1.5		2	
July 8	1	2		1.5		2	
July 15	1	2		2		2	
July 22	1	2		2		2.5	
July 29	2	2.5		2		2.5	
Aug 5	1	2.5		2		3	
RACE WEEK!	2		2			3.1!	

All days are shown in miles. Don't worry about how fast you run or walk! Just be sure to cover the distance. Rest days are as important as training days, give your muscles time to recover and return the next day even stronger!

SEE YOU BETWEEN THE VINES!