



## **TURTLE STRONG 5k Training Schedule**

### **WEEK ONE: March 29 – April 4**

**Monday:** Rest  
**Tuesday:** 20-25 min easy  
**Wednesday:** Rest  
**Thursday:** 10 mins easy, then 4 x 1 min brisk with 2-min jog recoveries, then 10 mins easy  
**Friday:** Rest  
**Saturday:** 20 mins easy  
**Sunday:** 30 mins easy

### **WEEK TWO: April 5-11**

**Monday:** Rest  
**Tuesday:** 20-25 mins easy  
**Wednesday:** Rest  
**Thursday:** 10 mins easy, then 4-5 x 90 secs brisk with 2.5 min jog recoveries, then 10 mins easy  
**Friday:** Rest  
**Saturday:** 20 mins easy  
**Sunday:** 35 mins easy

### **WEEK THREE: April 12-18**

**Monday:** Rest  
**Tuesday:** 25-30 mins easy  
**Wednesday:** Rest  
**Thursday:** 10 mins easy, then 20 mins fartlek (free-form fast and slow running)  
**Friday:** Rest  
**Saturday:** 25 mins easy  
**Sunday:** 40 mins easy

### **WEEK FOUR: April 19-25**

**Monday:** Rest  
**Tuesday:** 10 mins easy, then stretch, then 1 measured mile, timed, fast, then 10 mins easy  
**Wednesday:** Rest  
**Thursday:** 10 mins easy, then 20 mins fartlek, then 10 mins easy  
**Friday:** Rest  
**Saturday:** 20 mins easy  
**Sunday:** 45 mins easy

### **WEEK FIVE: April 26 – May 2**

**Monday:** Rest  
**Tuesday:** 25-30 mins easy  
**Wednesday:** Rest  
**Thursday:** 10 mins easy, then 3 x 3 mins brisk with 3-min jog recoveries, then 10 mins easy  
**Friday:** Rest  
**Saturday:** 25 mins easy  
**Sunday:** 35 mins easy

### **WEEK SIX: May 3-8**

**Monday:** Rest  
**Tuesday:** 25 mins easy, incorporating 6 x 20-40 seconds faster-paced running  
**Wednesday:** Rest  
**Thursday:** 20-25 mins easy  
**Friday:** 10 min easy run  
**Saturday:** 5K Race!