



CHATHAM HALL

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!