

6 Week Training program for The Park Forest Scenic 5 Mile and More

This program is based on running 5 times a week for the next 6 weeks. Run any 5 days you want to run. This program increases the distance consistently so that you are able to complete 5 mile comfortably on Labor Day!

Week 1- July 27th 1- 2 mile run/ walk 2- 2 mile run/walk 3- 3 mile run/walk 4- 2 mile run/walk 5- 2 mile run/walk	Week 2- August 3rd 1- 2 mile run/walk 2- 2 mile run/walk 3- 3 mile run/walk 4- 3 mile run/walk 5- 2 mile run/walk
Week 3- August 10th 1- 3 mile run/walk 2- 3 mile run/walk 3- 4 mile run/walk 4- 3 mile run/walk 5- 3 mile run/walk	Week 4- August 17th 1- 4 mile run/walk 2- 4 mile run/walk 3- 4 mile run/walk 4- 4 mile run/walk 5- 5 mile run/walk
Week 5- August 24th 1- 4 mile run/walk 2- 4 mile run/walk 3- 5 mile run/walk 4- 4 mile run/walk 5- 5 mile run/walk	Week 6-August 31st 1- 4 mile run/walk 2- 5 mile run/walk 3- 4 mile run/walk 4- 5 mile run/walk 5- 2-3 mile run/walk Monday-Labor Day- 5 Mile Run.