

2020 LAUGH Walk/Run Training Schedule

From Still to His Will

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 01	Rest or Cross Train	LAUGH Walk 2m run 30 sec x 6 Cool down - 15 min	Rest or Cross Train	Warm up, walk 3m run 1m x 5 cool down - 15 min	Cross Train	Warm up, walk 2m run 1m x 6 cool down- 15 min	Rest
Week 02	Rest or Cross Train	LAUGH Warm up, walk 2m run 1m x 8 cool down - 10 min	Rest or Cross Train	Warm up, walk 3m run 2m x 5 cool down- 10 min	Cross Train	Warm up, walk 2m run 1m x 6 cool down - 15 min	Rest
Week 03	Rest or Cross Train	LAUGH Warm up, walk 2m run 2m x 7 cool down - 10 min	Rest or Cross Train	Warm up, walk 3m run 2m x 5 cool down- 10 min	Cross Train	Warm up, walk 3m run 2m x 4 cool down- 10 min	Rest
Week 04	Rest or Cross Train	LAUGH Warm up, walk 2m run 3m x 5 cool down - 10 min	Rest or Cross Train	Warm up, walk 1.5m run 1.5m x 8 cool down- 10 min	Cross Train	Warm up, walk 3m run 2m x 6 cool down - 15 min	Rest
Week 05	Rest or Cross Train	LAUGH Warm up, walk 1m run 3m x 7 cool down - 10 min	Rest or Cross Train	Warm up, walk 1m run 2m x 10 cool down - 15 min	Cross Train	Warm up, walk 1m run 2.5m x 9 cool down - 15 min	Rest
Week 06	Rest or Cross Train	LAUGH Warm up, walk 1m run 4m x 5 cool down - 10 min	Rest or Cross Train	Warm up, walk 1m run 2m x 10 cool down - 15 min	Cross Train	Warm up, walk 1m run 4m x 6 cool down - 15 min	Rest
Week 07	Rest or Cross Train	LAUGH Warm up, walk 1m run 5m x 4 cool down - 10 min	Rest or Cross Train	Warm up, walk/run 5k even intervals cool down	Cross Train	Warm up, walk 1m run 2m x 10 cool down - 15 min	Rest
Week 08	Rest or Cross Train	LAUGH Warm up, walk 1m run 6m x 4 cool down - 10 min	Rest or Cross Train	Warm up, walk 1m run 2m x 10 cool down	20m walk	Pick up your LOL5k race packet!!!	RACE DAY!!!!