

October 18th – November 24th : Tracking 5k Training

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week one	Total time: Distance:	Workout Completed: Rest:	Total time: Distance:	Workout Completed: Rest:	Total time: Distance:	Workout Completed: Rest:
Week two	Total time: Distance:	Total time: Distance:	Rest:	Total time: Distance:	Workout Completed: Rest:	Workout Completed: Rest:
Week three	Total time: Distance:	Workout Completed: Rest:	Total time: Distance:	Workout Completed: Rest:	Total time: Distance:	Workout Completed: Rest:
Week four	Workout Completed: Rest:	Total time: Distance:	Total time: Distance:	Rest:	Total time: Distance:	Workout Completed: Rest:
Week five	Total time: Distance:	Workout Completed: Rest:	Total time: Distance:	Walk: Rest:	Total time: Distance:	Workout Completed: Rest:
Week six	Total time: Distance:	Total time: Distance:	Rest day	RACE DAY!	1.0 -2.0-mile Walk	1.0 -2.0-mile Walk

*circle which you did 'REST' or 'WORKOUT COMPLETED' on the days Running wasn't involved.