



**HOSPITAL HILL RUN
UMKC SCHOOL OF MEDICINE 5K
NOVICE TRAINING PROGRAM**

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u> (Cross Train)	<u>Saturday</u>	<u>Sunday</u>	<u>Week Ending</u> <u>Sunday</u>
1	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	30 Minutes (3 Miles)	Rest	April 17, 2011
2	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	30 Minutes (3 Miles)	Rest	April 24, 2011
3	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	30 Minutes (3 Miles)	Rest	May 1, 2011
4	30 Minutes (3 Miles)	35 Minutes	20 Minutes (2 Miles)	Rest	35 Minutes	45 Minutes (4 Miles)	Rest	May 8, 2011
5	30 Minutes (3 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	35 Minutes	45 Minutes (4 Miles)	Rest	May 15, 2011
6	30 Minutes	30	20 Minutes	Rest	35	45 Minutes	Rest	May 22, 2011

	(3 Miles)	Minutes	(2 Miles)		Minutes	(4 Miles)		
7	30 Minutes (3 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	30 Minutes	20 Minutes (2 Miles)	Rest	May 29, 2011
8	20 Minutes (2 Miles)	30 Minutes	20 Minutes (2 Miles)	Rest	Rest	3.1 Miles RACE DAY!	Rest	June 5, 2011