



**HOSPITAL HILL RUN
UMKC SCHOOL OF MEDICINE 5K
RUN - WALK 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	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	April 17, 2011
2	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	April 24, 2011
3	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	May 1, 2011
4	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	35 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	May 8, 2011
5	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	May 15, 2011

6	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	35 Minutes	25 - 30 Minutes (3 Miles) (A) 3/2 (B) 4/2	Rest	May 22, 2011
7	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	May 29, 2011
8	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	30 Minutes	20-24 Minutes (2 Miles) (A) 3/2 (B) 4/2	Rest	Rest	3.1 Miles RACE DAY! Run/Walk (A) 3/2 (B) 4/2	Rest	June 5, 2011