



**11<sup>th</sup> Annual 5K Fun Run/Walk**  
**SUNDAY, DECEMBER 4<sup>th</sup>, 2016 at Noon**  
**Medfield High School**  
**INFORMATION AND REGISTRATION AT:**  
**[www.medfieldfoundation.org](http://www.medfieldfoundation.org)**

<b>5K Run/Walk Training Plan</b> <b>Only 30 minutes 3 times per week!</b> Select 3 non-consecutive days per week for your run/walk training. All runs should be at a “conversational” pace. *Walkers are always welcome at the Angel run too!	
<b>Week 1</b> September 26 – October 2	6 cycles of 1 minute running followed by 4 minutes walking (30 minutes)
<b>Week 2</b> October 3 – 9	6 cycles of 2 minutes running followed by 3 minutes walking (30 minutes)
<b>Week 3</b> October 10 – 16	5 cycles of 3 minutes running followed by 3 minutes walking (30 minutes)
<b>Week 4</b> October 17 – 23	4 cycles of 5 minutes running followed by 2.5 minutes walking (30 minutes)
<b>Week 5</b> October 24 – 30	3 cycles of 8 minutes running followed by 2 minutes walking (30 minutes)
<b>Week 6</b> October 31 – November 6	9 minutes running, 1.5 minutes walking, 9 minutes running, 1.5 minutes walking and 9 minutes running (30 minutes)
<b>Week 7</b> November 7 – 13	10 minutes running, 1 minute walking, 10 minutes running, 1 minute walking and 10 minutes running (32 minutes)
<b>Week 8</b> November 14 – 20	15 minutes running, 1 minute walking, 15 minutes running (31 minutes)
<b>Week 9</b> November 21 – 27	20 minutes running, 1 minute walking (if needed), 10 minutes running (31 minutes)
<b>Week 10</b> November 28 – December 4	Run 30 minutes twice this week leaving Friday and Saturday as full rest days.

\*Regular physical activity is fun and healthy for you! Becoming more active is safe for most individuals. However, if you are over the age of 40, have risk factors for heart disease, have or suspect any other sort of medical condition that may be worsened by exercise, you may want to check with a physician prior to beginning a new fitness routine. You can also access a Physical Activity Readiness Questionnaire (Par-Q) on-line for additional guidelines.

*This activity is not sponsored or endorsed by the Medfield Public Schools.*

*Training plan provided by Rose Collieran Health Coaching [www.rosecollieran.com](http://www.rosecollieran.com)*