

38th National  
**CHILD NUTRITION CONFERENCE**  
 CACFP · AFTERSCHOOL MEALS · SUMMER FOOD

## 5K Run/Walk Eight-Week Training Plan

| <b>Week of</b> | <b>Mon</b>   | <b>Tues</b>         | <b>Wed</b> | <b>Thu</b>          | <b>Fri</b> | <b>Sat</b>          | <b>Sun</b>  |
|----------------|--|---------------------|------------|---------------------|------------|---------------------|-------------|
| February 26    | Rest   | 1.5 mi<br>run/walk  | Rest       | 1.5 mi<br>run/walk  | Rest       | 1.5 mi<br>run/walk  | 30 min walk |
| March 4        | Rest   | 1.75 mi<br>run/walk | Rest       | 1.75 mi<br>run/walk | Rest       | 1.75 mi<br>run/walk | 35 min walk |
| March 11       | Rest   | 2.0 mi<br>run/walk  | Rest       | 2.0 mi<br>run/walk  | Rest       | 2.0 mi<br>run/walk  | 40 min walk |
| March 18       | Rest   | 2.25 mi<br>run/walk | Rest       | 2.25 mi<br>run/walk | Rest       | 2.25 mi<br>run/walk | 45 min walk |
| March 25       | Rest   | 2.50 mi<br>run/walk | Rest       | 2.50 mi<br>run/walk | Rest       | 2.50 mi<br>run/walk | 50 min walk |
| April 1        | Rest   | 2.75 mi<br>run/walk | Rest       | 2.75 mi<br>run/walk | Rest       | 2.75 mi<br>run/walk | 55 min walk |
| April 8        | Rest   | 3.00 mi<br>run/walk | Rest       | 3.00 mi<br>run/walk | Rest       | 3.00 mi<br>run/walk | 60 min walk |
| April 15       | Rest   | 3.25 mi<br>run/walk | Rest       | 3.25 mi<br>run/walk | Rest       | 3.25 mi<br>run/walk | Rest        |
| April 22       | National Child Nutrition Conference<br>5k Run/Walk - Anytime |                     |            |                     |            |                     |             |