

2021



a plan to get your family ready for the race!

This is a recommended plan for kids ages 5 and up and will help prepare runners for the Crosswinds 5K on Saturday, September 18, 2021 at 10:00am. Work through the stages each month and try to get at least two workouts in a week.

Jun

STAGE 1

*Run for 2 min,
then walk for 3 min.*

Repeat this 4 times.

STAGE 2

*Run for 3 min,
then walk for 2 min.*

Repeat this 4 times.

STAGE 3

*Run for 5 min,
then walk for 2.5 min.*

Repeat this 3 times.

Jul

STAGE 4

*Run for 7 min,
then walk for 3 min.*

Repeat this 2 times.

STAGE 5

*Run for 8 min,
then walk for 2 min.*

Repeat this 2 times.

STAGE 6

*Run for 9 min,
then walk for 2 min.*

Repeat this 2 times.

Aug

STAGE 7

*Run for 10 min,
then walk for 3 min.*

Repeat this 2 times.

STAGE 8

*Run for 11 min,
then walk for 3 min.*

Repeat this 2 times.

STAGE 9

*Run for 12 min,
then walk for 3 min.*

Repeat this 2 times.

Sep

STAGE 10

*Run for 13 min,
then walk for 2 min.*

Repeat this 2 times.

STAGE 11

*Run for 14 min,
then walk for 1 min.*

Repeat this 2 times.

RACE DAY!
Crosswinds 5K
September 18

Helpful Hints: Run in a safe location and always be aware of your surroundings. Wear comfortable clothing and footwear that will support your natural stride. Go at a pace that is comfortable for you. Work on each stage week by week and when ready, move up to the next one. Don't get discouraged - any amount of exercise is good exercise! Have fun!