



Affinity  
Networks

Women's  
Network

## GEWN - GVL SWE Scholarships Virtual Race

### 5k RUN/WALK TRAINING PROGRAM

#### Week 1

- **Day 1:** Run 8 minutes, walk 1 minute, repeat 2 times
- **Day 2:** Strength
- **Day 3:** Run 10 minutes, walk 1 minute, repeat 2 times
- **Day 4:** Strength
- **Day 5:** Run 12 minutes, walk 1 minute, repeat 2 times
- **Day 6:** Crosstrain 30 minutes
- **Day 7:** Recovery/yoga/mobility

#### Week 2

- **Day 1:** Run 14 minutes, walk 1 minute, repeat 2 times
- **Day 2:** Strength
- **Day 3:** Run 16 minutes, walk 1 minute, run 7 min
- **Day 4:** Strength
- **Day 5:** Run 18 minutes, walk 1 minute, run 7 min
- **Day 6:** Crosstrain 30 minutes
- **Day 7:** Recovery/yoga/mobility

#### Week 3

- **Day 1:** Run 20 minutes, walk 1 minute, run 6 minutes
- **Day 2:** Strength
- **Day 3:** Run 23 minutes
- **Day 4:** Strength
- **Day 5:** Run 25 minutes
- **Day 6:** Crosstrain 30 minutes
- **Day 7:** Recovery/yoga/mobility

#### Week 4

- **Day 1:** Run 28 minutes
- **Day 2:** Strength
- **Day 3:** Run 30 minutes
- **Day 4:** Strength
- **Day 5:** Run 20 minutes
- **Day 6:** Recovery/yoga
- **Day 7:** Race Day! Run 5k!