



Greater Hall Chamber of Commerce

Chamber Chase 5K



Thursday, March 30, 2017

Riverside Military Academy in Gainesville, GA

5K Run at 6:00 pm – 2 Mile Wellness Walk at 6:10 pm – Awards Program at 7:00 pm

8 Week Runners Training Schedule

Runners	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Walk briskly for 1 mile. Run 2 min. Every half-mile until you reach 3.5 miles. Walk 0.5 miles	Walk 3 - 5 miles.	Off/Strength Training	Walk 1 mile. Run 3 min. Every half-mile until you reach 3.5 miles. Walk 0.5 mile.	Off/Strength Training	Walk 3-5 miles, including 10/run/walk intervals (run 30 sec., walk 1 min.) in the last mile
Week 2	Walk 1.5 miles. Run 5 min., Walk 5 min.; do 3 times. Walk 1 to 2 miles.	Walk 3 - 5 miles.	Off/Strength Training	Repeat Week 1 Thursday	Off/Strength Training	Repeat Monday
Week 3	Walk 1.5 miles. Run 10 min., walk 5-7 min.; repeat 2/3 times	Walk 3 - 5 miles.	Off/Strength Training	Repeat Tuesday	Off/Strength Training	Walk 1.5 miles, Run 10 min., walk 5 min., run 5 min., walk 5 min., run 10 min., walk 5 - 10 min.
Week 4	Walk 1 mile. Run 15 min., Walk 2 min.; do a total of 2/3 times. Walk 5 min.	Walk 1 mile. Run 15 min., Walk 5 min., repeat.	Off/Strength Training	Walk 1 mile. Run 5 min., walk 2 min.; do 5 times. Walk 5 minutes.	Off/Strength Training	Walk 1 mile. Run 10 min., walk 5 min.; do 3 times
Week 5	Walk .5 mile. Run 20 min. walk 2 min., Run 10 min. Walk 5 min.	Walk .5 mile. Run 15 min., Walk 5 min., repeat.	Off/Strength Training	Repeat Week 4 Thursday	Off/Strength Training	Walk .5 mile. Run 20 min., walk 5 min.; do 2 times
Week 6	Walk .5 mile. Run 30 min. Walk 5 min.	Walk .5 mile. Run 15 min., Walk 5 min., repeat.	Off/Strength Training	Repeat Tuesday	Off/Strength Training	Walk .5 mile. Run 20 min., walk 5 min.; do 2 times

Week 7 & 8: Repeat Week 6, Adding 5 minutes to the Tuesday & Saturday runs each week

Details: 770-532-6206 • Online: ChamberChase5K.com