



RUN! GEEK! RUN!

Sunday, September 24, 2023

8:30 a.m. | Alexandria, VA

TRAINING CALENDAR

WEEK OF AUGUST 14TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 1 min, walk 1 min. Repeat 10 times	Rest	Run 2 mins, walk 4 mins. Repeat 5 times	Rest	Rest	Run 2 mins, walk 4 mins. Repeat 5 times

WEEK OF AUGUST 21ST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Run 5 mins, walk 3 mins. Repeat 3 times

WEEK OF AUGUST 28TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 7 mins, walk 2 mins. Repeat 3 times	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times

WEEK OF SEPTEMBER 4TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest	Run 10 mins, walk 2 mins. Repeat 2 times, then run for 5 mins.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times

WEEK OF SEPTEMBER 11TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 9 mins, walk 1 mins. Repeat 3 times	Rest	Run 12 mins, walk 2 mins. Repeat 2 times, then run for 5 mins.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times

WEEK OF SEPTEMBER 18TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Run 15 mins, walk 1 min. Repeat 3 times.	Rest	Run 12 min, walk 2 min. Repeat 2 times, then run for 5 min.	Rest	Rest	It's <i>RUN! GEEK! RUN!</i> 5K Race Day!