



RACE TO THE POINT 5K TRAINING PLAN

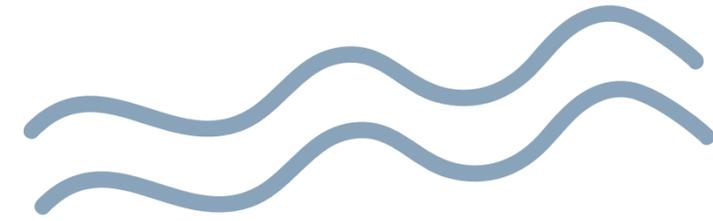


	MON 	TUE	WED 	THU 	FRI	SAT	SUN 
WEEK OF 3/2	Lower Body Lift 	Coastal Run Slow As Sh!t Run Club @6PM	Upper Body Lift	20 minute Run or Run/Walk	Rest Day!	 24 minute Run or Run/Walk	Rest Day!
WEEK OF 3/9	Lower Body Lift	Coastal Run Slow As Sh!t Run Club @6PM 	Upper Body Lift 	2 mile run test!  	Rest Day!	26 minute Run or Run/Walk 	 Rest Day! 
WEEK OF 3/16	Lower Body Lift	Coastal Run Slow As Sh!t Run Club @6PM	Upper Body Lift	25 minute Run or Run/Walk	Rest Day!	30 minute Run or Run/Walk 	Rest Day! 
WEEK OF 3/23	 Lower Body Lift	Coastal Run Slow As Sh!t Run Club @6PM	Upper Body Lift	30 minute Run or Run/Walk	 Rest Day!	35 minute Run or Run/Walk 	Rest Day! 
 WEEK OF 3/30	 Lower Body Lift	Coastal Run  Slow As Sh!t Run Club @6PM	Upper Body Lift 	3 mile run test! 	Rest Day! 	30 minute Run or Run/Walk 	Rest Day! 
WEEK OF 4/6	Rest	Coastal Run Slow As Sh!t Run Club @6PM	Rest	15 minute Run or Run/Walk	Rest Day!	 RACE!!!! 	Celebrate! 

LOWER BODY LIFT

Exercise	Sets	Reps	Weight	Notes
Lower Body Warmup and Activation				
"World's Greatest Stretch"	1	5 (Both Sides)	No Weight	
Hip Cars	1	5 (Both Sides)	No Weight	Hands & Knees
Air Squats	1	10	No Weight	Arms Overhead
Clam Shells	1-2	10 (Both Sides)	No Weight	Side Lying
OPTIONAL: Lower Body Stabilization				
OPTIONAL: Glute Bridge	2	12	No Weight	This is more for stabilization than strength build -- can progress to single leg
Lower Body Strength				
Goblet Squat	2-3	10 - 14	Dumbbell	
Romanian Deadlift (RDL)	2-3	10 - 14	Dumbbells	Can progress to single leg
Walking Lunge	2-3	10 -14 (Both Sides)	Dumbbells or Bodyweight	
Standing Calf Raises	2-3	15 (Both Sides)	Bodyweight	Can hold on to something for support

UPPER BODY LIFT



Exercise	Sets	Reps	Weight	Notes
Upper Body Warmup and Activation				
Cat/Cow	1	10	No Weight	Hands & Knees
Scorpion Stretch	1	5 (Both Sides)	No Weight	On Stomach
Shoulder CARS	1	5 (Both Sides)	No Weight	Standing
IYT	1 -2	10	No Weight	On Stomach
OPTIONAL: Upper Body Stabilization				
OPTIONAL: Bear Plank	2	30 seconds	No Weight	
Upper Body Strength				
Bent Over Row	2-3	8 - 12	Dumbbells	
Chest Press from Floor	2-3	8 - 12	Dumbbells	
Skull Crusher	2-3	8 - 12	Dumbbells	
Bicep Curl	2-3	8 - 12	Dumbbells	
Shoulder Press	2-3	8 - 12	Dumbbells	