



# RUN THEBRONX

—46<sup>th</sup> Annual—

Roscoe C. Brown, Jr.

**10K • 5K RUN  
& 2-MILE WALK**

TRAINING PLAN

[WWW.BCC.CUNY.EDU/RUNTHEBRONX](http://WWW.BCC.CUNY.EDU/RUNTHEBRONX)



# RUN THE BRONX

# 5K TRAINING PLAN

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	March 13 1 mile	March 14 Cross Train	March 15 Rest	March 16 1.5 mile	March 17 Rest	March 18 2 miles	March 19 Recovery
<b>WEEK 2</b>	March 18 1.5 mile	March 19 Cross Train	March 20 Rest	March 21 1.5 mile	March 22 Rest	March 23 2 miles	March 24 Recovery
<b>WEEK 3</b>	March 25 2 miles	March 26 Cross Train	March 27 Rest	March 28 2 miles	March 29 Rest	March 30 2 miles	March 31 Recovery
<b>WEEK 4</b>	April 1 2 miles	April 2 Cross Train	April 3 Rest	April 4 2 miles	April 5 Rest	April 6 2 miles	April 7 Recovery
<b>WEEK 5</b>	April 8 2 miles	April 9 Cross Train	April 10 Rest	April 11 2 miles	April 12 Rest	April 13 2.5 miles	April 14 Recovery
<b>WEEK 6</b>	April 15 2.5 miles	April 16 Cross Train	April 17 Rest	April 18 2.5 miles	April 19 Rest	April 20 2.5 miles	April 21 Recovery
<b>WEEK 7</b>	April 22 2.5 miles	April 23 Cross Train	April 24 Rest	April 25 2.5 miles	April 26 Rest	April 27 3 miles	April 28 Recovery
<b>WEEK 8</b>	April 29 3 miles	April 30 Cross Train	May 1 Rest	May 2 2 miles	May 3 Rest	May 4 	

## Plan Guide

- 1 If walking, walk briskly or "with purpose."
- 2 If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- 3 When running, set a comfortable pace. You should be able to carry on a conversation while running.
- 4 Take walk breaks as needed, until you build
- 5 Cross-train one to three days per week. For example: stretching, swimming, spinning, weight training, yoga, etc

Follow @RUNTHEBRONX on Instagram for updates and questions. Consult a physician before beginning any exercise program.



# RUN THEBRONX

# 10K TRAINING PLAN

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	March 11 2.5 miles	March 12 Cross Train	March 13 Rest	March 14 2 miles	March 15 Rest	March 16 3 miles	March 17 Recovery
<b>WEEK 2</b>	March 18 2.5 miles	March 19 Cross Train	March 20 Rest	March 21 2 miles	March 22 Rest	March 23 3.5 miles	March 24 Recovery
<b>WEEK 3</b>	March 25 2.5 miles	March 26 Cross Train	March 27 Rest	March 28 2 miles	March 29 Rest	March 30 4 miles	March 31 Recovery
<b>WEEK 4</b>	April 1 3 miles	April 2 Cross Train	April 3 Rest	April 4 2 miles	April 5 Rest	April 6 4 miles	April 7 Recovery
<b>WEEK 5</b>	April 8 3 miles	April 9 Cross Train	April 10 Rest	April 11 2 miles	April 12 Rest	April 13 4.5 miles	April 14 Recovery
<b>WEEK 6</b>	April 15 3 miles	April 16 Cross Train	April 17 Rest	April 18 2.5 miles	April 19 Rest	April 20 5 miles	April 21 Recovery
<b>WEEK 7</b>	April 22 3 miles	April 23 Cross Train	April 24 Rest	April 25 2.5 miles	April 26 Rest	April 27 5.5 miles	April 28 Recovery
<b>WEEK 8</b>	April 29 3 miles	April 30 Cross Train	May 1 Rest	May 2 2 miles	May 3 Rest	May 4 	

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