

Beginner 5K Training Schedule

August 29th-October 8th

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|---|---------|----------------------------|------------------------|--------|----------------------------------|-----------------------------|
| 1 8/29/15 | SXU 1.0 mi. Run | Rest | SXU 1.0 mi. Run | Run/Walk 30 min. | Rest | 1.0 mi. Run | Cross train 30 - 45 min. |
| 2 9/5/15 | SXU 1.25 mi. Run | Rest | SXU 1.25 mi. Run | Run/Walk 45 min. | Rest | 1.25 mi. Run | Cross train 30 - 45 min. |
| 3 9/12/15 | SXU 1.5 mi. Run | Rest | SXU 1.5 mi. Run | Run/Walk 60 min. | Rest | 1.5 mi. Run | Cross train 30 - 45 min. |
| 4 9/19/15 | LABOR DAY 2.0 mi. Run (We will NOT meet) | Rest | SXU 2.0 mi. Run | Run/Walk 60 min. | Rest | 2.0 mi. Run | Cross train 30 - 45 min. |
| 5 9/26/15 | SXU 2.5 mi. Run | Rest | SXU 2.5 mi. Run | Run/Walk 60 min. | Rest | 2.5 mi. Run | Cross train 30 - 45 min. |
| 6 10/3/15 | SXU 3.0 mi. Run | Rest | SXU 3.1 mi. Run | Run/Walk 40-45 min. | Rest | 16th Annual Cougar 5K | Rest |

We will gather inside the Shannon Athletic Center Lobby at 6:30pm (please don't be late).

** We will not run on Labor Day. Please be sure to run on your own!*

Each workout will begin with the scheduled run and end with a short stretching session.

Expert guest speakers will give short presentations on various health and fitness topics.

Examples of Cross training include:
 - Elliptical
 - Bike
 - Exercise Classes
 - Stairs
 - Swim

SAINT XAVIER UNIVERSITY
16TH ANNUAL COUGAR 5K²⁰¹⁶ RUN/WALK

*If the weather is bad, we will
 run inside on the Shannon
 Center Indoor Track.*

Register online for the 16th Annual Cougar 5K Run/Walk
www.sxu.edu Keyword: Cougar 5K

