

THRIFTY FOODS Family Run

30th ANNUAL
TC10K
POWERED BY  RUNSPORT
APRIL 28, 2019

1.5K TRAINING SCHEDULE

MARCH 4 - APRIL 28, 2019

	DAY 1	DAY 2	DAY 3		DAY 1	DAY 2	DAY 3
WEEK ONE	500M	500M	500M	WEEK FIVE	750M	750M	1KM
WEEK TWO	500M	750M	500M	WEEK SIX	750M	1KM	750M
WEEK THREE	750M	500M	750M	WEEK SEVEN	1.5KM	750M	1KM
WEEK FOUR	500M	750M	750M	WEEK EIGHT	750M	1KM	RACE DAY!

500M = 5 minutes!

