

# FOF

## FIXED ON FITNESS

**FOF 5K Training Program**  
**The Safe House Project Half Marathon: November 2nd, 2019**

WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	9/9 - 9/15	STRENGTH #1 / WALK	Run 1 Minute + Walk 2 Minutes x 5 (15 Minutes)	STRENGTH #2 / WALK	Run 1 Minute + Walk 2 Minutes x 5 (15 Minutes)	Rest or Recovery	Run 1 Minute + Walk 2 Minutes x 7 (21 Minutes)	Rest or Recovery
2	9/16 - 9/22	STRENGTH #3 / WALK	Run 1 Minute + Walk 2 Minutes x 7 (21 Minutes)	STRENGTH #4 / WALK	Run 1 Minute + Walk 2 Minutes x 7 (21 Minutes)	Rest or Recovery	Run 1 Minute + Walk 1 Minute x 10 (20 Minutes)	Rest or Recovery
3	9/23 - 9/29	STRENGTH #1 / WALK	Run 1 Minute + Walk 1 Minute x 10 (20 Minutes)	STRENGTH #2 / WALK	Run 1 Minute + Walk 1 Minute x 10 (20 Minutes)	Rest or Recovery	Run 1 Minute + Walk 1 Minute x 15 (30 Minutes)	Rest or Recovery
4	9/30 - 10/6	STRENGTH #3 / WALK	Run 2 Minutes + Walk 2 Minutes x 6 (24 Minutes)	STRENGTH #4 / WALK	Run 2 Minutes + Walk 2 Minutes x 6 (24 Minutes)	Rest or Recovery	Run 2 Minutes + Walk 2 Minutes x 8 (32 Minutes)	Rest or Recovery
5	10/7 - 10/13	STRENGTH #1 / WALK	Run 2 Minutes + 1 Walk Minute x 8 (24 Minutes)	STRENGTH #2 / WALK	Run 2 Minutes + Walk 1 Minute x 10 (30 Minutes)	Rest or Recovery	2 Mile Run	Rest or Recovery
6	10/14 - 10/20	STRENGTH #3 / WALK	Run 3 Minutes + Walk 1 Minute x 8 (32 Minutes)	STRENGTH #4 / WALK	Run 3 Minutes + Walk 1 Minute x 8 (32 Minutes)	Rest or Recovery	3 Mile Run	Rest or Recovery
7	10/21 - 10/27	STRENGTH #1 / WALK	Run 4 Minutes + Walk 1 Minute x 5 (25 Minutes)	STRENGTH #2 / WALK	Run 4 Minutes + Walk 1 Minute x 5 (25 Minutes)	Rest or Recovery	2 Mile Run	Rest or Recovery
8	10/28 - 11/3	STRENGTH #3 / WALK	Run 4 Minutes + Walk 1 Minute x 4 (20 Minutes)	STRENGTH #4 / WALK	Run 3 Minutes + Walk 2 Minute x 4 (20 Minutes)	Rest or Recovery	<b>Race 3.1 Miles</b>	Rest or Recovery

\*Recovery ideas: restorative yoga (Down Dog app), 20 minute stretch routine, mobility workout, walk, tissue therapy