



5k Run Training for Neuro Affected Athletes

Feel free to contact me John with questions at 984-222-9700

Intention 3 days / week to increase stamina to a 5k

Week1

Day 1

10 crunches

10 step ups to any height

Repeat X4

10 minutes of walking or jogging

Day 2

10 russian twists

10 second plank

Repeat x5

10 minute of walking or jogging

Day 3

30 lunges

30 crunches

Then 5x run 100m - rest 2:00 between each

Week 2

Day 1

15 minute As many rounds as possible:

10 alternating heel reach (on your back with knees bents)

5 ground lay to stand

30 squats to seated position

Day 2

15 minute walk/jog

then:

25 uneven step ups

Day 3

10 uneven steps

100M walk/run

Repeat X4

50 alternating heel reach (on your back with knees bents)

Week 3

Day 1

3 rounds as fast as possible of

10 sit to stand

10 heel reach

10 russian twist

500m walk

Day 2

50 step ups to an uneven surface

1:00 on jog

1:00 off

Repeat X10

Day 3

Jog for 10:00

Rest 2:00

Repeat X2

Week 4

Day 1

12 minute as many reps as possible:

5 dips you can use a couch

5 floor to stand

50 leg raises

Day 2

12-9-6-3

Burpee

squat

10 minute walk/jog

Day 3

50 heel reach

5 minute run - rest 2:00

Repeat x2

Week 5**Day 1**

15 minute jog/walk

2:00 rest

Repeat X2

Day 2

10-9-8-7-6-5-4-3-2-1

Hollow rocks

Lunges (can use assistance)

4:00 total of

Leg raise (knees up)

Day 3

8:00 /walk/run

2:00 rest

Repeat X3

Week 6**Day 1**

15:00 /run/walk

Rest 2:00

Repeat X2

Day 2

10 minute as many rounds as possible

50m run

6 lunges

Then: 20 minute jog

Day 3

5k day