

# Frosty 5 Training Program

Wellness Center

**Starting from zero? The following tips and basic training program will help you prepare for an enjoyable Frosty 5 experience!**

1. The following training program includes increasing run/walk intervals for designated distances to help you safely build up your stamina for 5 miles and then eases back down as race day approaches.
2. Be sure to begin each run with a brisk 5-minute walk and end with a 3- to 5-minute cool-down walk and stretching.
3. Alternate each running day with an active rest day.
4. Strength train lower body once a week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> 11/4-11/10	90 sec run / 2 min walk .5 mile		30 sec run / 2 min walk 1 mile		90 sec run / 2 min walk .5 mile		
<b>Week 2</b> 11/11-11/17	30 sec run / 2 min walk 1 mile		30 sec run / 2 min walk 1 mile		90 sec run / 2 min walk 1 mile		
<b>Week 3</b> 11/18-11/24	90 sec run / 2 min walk 1 mile		30 sec run / 2 min walk 1.2 mile		1 min run / 2 min walk 1.5 mile		
<b>Week 4</b> 11/25-12/1	90 sec run / 2 min walk 1.5 mile		90 sec run / 2 min walk 2 miles		90 sec run / 2 min walk 2.5 miles		1 min run / 1 min walk 2.5 miles
<b>Week 5</b> 12/2-12/8		90 sec run / 1 min walk 3 miles		90 sec run / 1 min walk 3 miles		2 min run / 30 sec walk 3.5 miles	
<b>Week 6</b> 12/9-12/15	2 min run / 30 sec walk 3.5 miles		5 min run / 2 min walk 4 miles		5 min run / 2 min walk 4.5 miles		5 min run / 2 min walk 5 miles
<b>Week 7</b> 12/16-12/22			15 min run / 3 min walk 4.5 miles		15 min run / 3 min walk 3.5 miles		30 min walk
<b>Race Week</b> 12/23		<b>RACE DAY!</b> 5 miles					



For more information, please call **330.342.4400**.

Summa Health Wellness Center is located at  
5625 Hudson Drive, Hudson, Ohio, 44236.