



Oktoberfest

5K & 1 Mile Fun Run

8 Week Schedule



SCAN HERE
TO REGISTER!

Week #	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	Run 1 minute, Walk 1 minute Repeat 10x	Strength training: Back & biceps	Rest & Stretch	Run 1 minute, Walk 1 minute Repeat 10x	Strength training: Legs	Run 90 sec, Walk 1 minute Repeat 10x	Rest & Stretch
2	Run 90 sec, Walk 1 minute Repeat 10x	Strength training: Chest & triceps	Rest & Stretch	Run 2 minute, Walk 1 minute Repeat 10x	Strength training: Core	Run 2 minutes, Walk 1 minute Repeat 10x	Rest & Stretch
3	Run 3 minutes, Walk 1 minute Repeat 7x	Strength training: Back & biceps	Rest & Stretch	Run 3 minute, Walk 1 minute Repeat 7x	Strength training: Legs	Run 4 minutes, Walk 1 minute Repeat 6x	Rest & Stretch
4	Run 4 minutes, Walk 1 minute Repeat 6x	Strength training: Chest & triceps	Rest & Stretch	Run 5 minute, Walk 1 minute Repeat 5x	Strength training: Core	Run 5 minutes, Walk 1 minute Repeat 5x	Rest & Stretch
5	Run 1 mile	Strength training: Back & biceps	Rest & Stretch	Run 1.5 miles	Strength training: Legs	Run 1.5 miles	Rest & Stretch
6	Run 2 miles	Rest & Stretch	Run 2.5 miles	Strength training: Core	Active Rest Day: Yoga, walk, etc.	Run 2 miles	Rest & Stretch
7	Run 3 miles	Rest & Stretch	Run 2 miles	Strength training: Chest & triceps	Active Rest Day: Yoga, walk, etc.	Run 3.5 miles	Rest & Stretch
8	Run 2.5 miles	Strength training: Back & biceps	Rest & Stretch	Run 2 miles	Active Rest Day: Yoga, walk, etc	3DPT's Oktoberfest 5K!!!	

Visit 3dpt.com/events/oktoberfest-5k for more information