



### 2019 Suffolk County Marathon Novice 5k Training Program

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	5 Min Walk 10x(1 min Run 1 Min Walk) 5 Min Walk	Rest or Cross Train	5 Min Walk 6x(2 min Run 2 min Walk) 5 Min Walk	Rest	Cross Train	5 Min Walk 5x(3 min Run 2 min Walk) 5 Min Walk	Rest
2	5 Min Walk 15x(1 min Run 1 Min Walk) 5 Min Walk	Rest or Cross Train	5 Min Walk 10x(2 min Run 1 min Walk) 5 Min Walk	Rest	Cross Train	5 Min Walk 7x(3 min Run 2 min Walk) 5 Min Walk	Rest
3	5 Min Walk 14x(2 min Run 1 Min Walk) 5 Min Walk	Rest or Cross Train	5 Min Walk 7x(3 min Run 2 min Walk) 5 Min Walk	Rest	Cross Train	5 Min Walk 7x(4 min Run 2 min Walk) 5 Min Walk	Rest
4	1/4 Mile Walk 3x(1/2 Mile Run 1/4 Mile Walk) 1/4 Mile Walk	Rest or Cross Train	1/4 Mile Walk 3x(1/2 Mile Run 1/4 Mile Walk) 1/4 Mile Walk	Rest	Rest or Cross Train	1/4 Mile Walk 2x(3/4 Mile Run 1/4 Mile Walk) 1/4 Mile Walk	Rest
5	1/4 Mile Walk 3x(3/4 Mile Run 1/4 Mile Walk) 1/4 Mile Walk	Rest or Cross Train	1/4 Mile Walk Run 1 Mile-Walk 1/4-Run 3/4 Mile Walk 1/4 Mile	Rest	Rest or Cross Train	1/4 Mile Walk-Run 1 1/4 Mile-Walk 1/4 Mile-Run 1 Mile Walk 1/4 Mile	Rest
6	Rest or Cross Train	1/4 Mile Walk-Run 1 1/2 Mile-Walk 1/4 Mile-Run 1 Mile Walk 1/4 Mile	Rest	1/4 Mile Walk Run 2 Miles 1/4 Mile Walk	Rest	Cross Train 30 Min Max	<b>Suffolk County Marathon 5k Run</b>

**Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.**

For more information-[www.sayvillerunning.com/pages/training](http://www.sayvillerunning.com/pages/training)

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