



# ADVANCED THON 5K TRAINING PLAN

# SEPTEMBER

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1.	2.	3.	4.
5.	6. Run 30 min @ comfortable pace	7. <b>Share your DonorDrive page on social media</b>	8. 3 x 1km @ 4:23/km or 7min/mile pace	9. Run 30 min @ comfortable pace	10. 6 x 800m cycles @ 3:29 per 800	11. Active recovery - take a walk, do some yoga, stretch!
12. Long run	13. Run 30 min @ comfortable pace	14. Bike, elliptical, and/or swim totaling 75 minutes	15. 10 x 400m cycles @ 1:42s per 400	16. <b>Reach out to someone who has inspired your THON journey</b>	17. Run 20 min @ comfortable pace	18. 6 x 800m cycles @ 3:29 per 800
19. Long run	20. <b>Donate to a friend's DonorDrive!</b>	21. 3 x 1km @ 4:23/km or 7min/mile pace	22. <b>Write Kids Mail and send to Hershey!</b>	23. Run 30 minutes @ comfortable pace	24. Hill workout	25. Bike, elliptical, and/or swim totaling 60 minutes
26. Long run	27. Bike, elliptical, and/or swim totaling 60 minutes	28. <b>Reach out to a Four Diamonds Family</b>	29. Run 30 minutes @ comfortable pace	30. <b>Post your diamonds on Social Media!</b>		

# ADVANCED THON 5K TRAINING PLAN

# OCTOBER

2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1.  Run 25 minutes @ comfortable pace	2.  Active recovery - take a walk, do some yoga, stretch!
3.  Around the World Challenge! Stay tuned for more!	4.  Around the World Challenge! Stay tuned for more!	5.  Around the World Challenge! Stay tuned for more!	6.  Around the World Challenge! Stay tuned for more!	7.  Around the World Challenge! Stay tuned for more!	8.  Around the World Challenge! Stay tuned for more!	9.  Around the World Challenge! Stay tuned for more!
10.  <b>RACE DAY!</b>	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	22.	23.
24.	25.	3.	1.	2.	3.	4.
1.	2.	3.	1.	2.	3.	4.