



BEGINNER THON 5K TRAINING PLAN

SEPTEMBER

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1.	2.	3.	4.
5.	6. Walk 4 minutes Run 1 minute Repeat 6 times	7. Share your DonorDrive page on social media	8. Walk 3 minutes Run 1 minute Repeat 7 times	9.	10. Walk 10 minutes Run 2 minutes Repeat 5 times	11.
12.	13. Walk 4 minutes Run 2 minutes Repeat 5 times	14.	15. Walk 4 minutes Run 3 minutes Repeat 4 times	16. Reach out to someone who has inspired your THON journey	17. Walk 4 minutes Run 4 minutes Repeat 4 times	18. Easy bike, elliptical, and/or swim totaling 30 minutes
19.	20. Walk 4 minutes Run 5 minutes Repeat 3 times	21. Write Kids Mail and send to Hershey!	22. Walk 4 minutes Run 6 minutes Repeat 3 times	23. Donate to a friend's DonorDrive!	24. Walk 3 minutes Run 7 minutes Repeat 3 times	25.
26.	27. Reach out to a Four Diamonds Family	28. Walk 2 minutes Run 8 minutes Repeat 3 times	29. Post your diamonds on Social Media!	30. Walk 1 minute Run 9 minutes Repeat 3 times		

BEGINNER THON 5K TRAINING PLAN



OCTOBER

2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1.	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. RACE DAY!	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.