



Tips & Tricks

*Welcome to Walk Run Race (powered by Studio SWEAT on Demand).
We provide the training workout, tips and you put in the time!*

Four Week Training Plan

We know not everyone has 6 weeks to get ready for a 5k race, so here is a way to get the same training done in only 4 weeks... still using the Studio SWEAT onDemand race training videos! If you'd like to do that, here's what we suggest!

Week 1 (Video 1 - Walk to Jog)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to the 20 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 2 = Do up to the 20 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 3 = Do up to the 25 minutes walk/jog with Cat & AJ as demoed in video 1
- Cool down and do stretch video after each workout or stretch on your own

Week 2 (Video 1)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to the 25 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 2 = Do up to the 30 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 3 = Do up to the 30 minutes walk/jog with Cat & AJ as demoed in video 1
- Cool down and do stretch video after each workout or stretch on your own

Week 3 (Video 2)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to 1.5 miles with Cat & AJ as demoed in video 2
- Workout day 2 = Do up to 1.5 miles with Cat & AJ as demoed in video 2
- Workout day 3 = Do up to 2.0 miles with Cat & AJ as demoed in video 2
- Cool down and do stretch video after each workout or stretch on your own

Week 4 (Video 3)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to 2.0 miles with Cat & AJ as demoed in video 2
- Workout day 2 = Do up to 2.5 miles with Cat & AJ as demoed in video 2
- Workout day 3 = Do up to 2.5 miles with Cat & AJ as demoed in video 2
- Cool down and do stretch video after each workout or stretch on your own

Now you're ready to race! Try to race within 5 days of completing your 4 week training above!

Good luck! Go get it!