



INTERMEDIATE THON 5K TRAINING PLAN

SEPTEMBER

2021

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

INTERMEDIATE 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. 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.