



REGIONS

SUPERHERO5K

FEB 10, 2018 • 8am • LINN PARK

MERCEDES-BENZ MARATHON WEEKEND

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan 1-7	20 min: run 1 min, walk 1 min (repeat 10 times)	REST	30 min: run 2 min, walk 4 min (repeat 5 times)	REST	20 min: run 1 min, walk 1 min (repeat 10 times)	30-60 minute brisk walk	REST
2 Jan 8-14	24 min: run 3 min, walk 3 min (repeat 4 times)	REST	30 min: run 2 min, walk 4 min (repeat 5 times)	REST	24 min: run 3 min, walk 3 min (repeat 4 times)	35-60 minute brisk walk	REST
3 Jan 15-21	30 min: run 7 min, walk 3 min (repeat 3 times)	REST	24 min: run 3 min, walk 3 min (repeat 4 times)	REST	24 min: run 3 min, walk 3 min (repeat 4 times)	40-60 minute brisk walk	REST
4 Jan 22-28	30 min: run 8 min, walk 2 min (repeat 3 times)	REST	30 min: run 7 min, walk 3 min (repeat 3 times)	REST	30 min: run 8 min, walk 2 min (repeat 3 times)	45-60 minute brisk walk	REST
5 Jan 29 - Feb 10	30 min: run 12 min, walk 3 min (repeat 2 times)	REST	30 min: run 8 min, walk 2 min (repeat 3 times)	REST	30 min: run 12 min, walk 3 min (repeat 2 times)	30-45 minute brisk walk	REST
6 Feb 5-10	30 min: run 14 min, walk 1 min (repeat 2 times)	REST	30 min: run 8 min, walk 2 min (repeat 3 times)	20 min: run 5 min, walk 5 min (repeat 2 times)	REST	Regions Superhero 5K Linn Park 8 a.m. 1 hour time limit	

Kick off event for the 2018

Mercedes-Benz Marathon Weekend