



**REGIONS**  
**SUPERHERO 5K**  
**FEB 9, 2019 • 8am • LINN PARK**  
**MERCEDES-BENZ MARATHON WEEKEND**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>Dec 31 - Jan 6</b>	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
<b>2</b> <b>Jan 7-13</b>	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
<b>3</b> <b>Jan 14-20</b>	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
<b>4</b> <b>Jan 21-27</b>	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
<b>5</b> <b>Jan 28 - Feb 3</b>	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
<b>6</b> <b>Feb 4-9</b>	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 2019  
Mercedes-Benz Marathon Weekend**