



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WHAT THE HILL



**Superior YMCA 5K-10K Running Club Starts Feb 6th**

## 5K Training Schedule

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest/Walk	Rest/Walk	.75 Miles	.75 Miles	Rest/Walk	1 Mile	Rest/Walk
2	Rest/Walk	Rest/Walk	.75 Miles	1 Mile	Rest/Walk	1.5 Miles	Rest/Walk
3	Rest/Walk	Rest/Walk	1 Mile	1 Mile	Rest/Walk	2 Miles	Rest/Walk
4	Rest/Walk	Rest/Walk	1.5 Miles	1.5 Miles	Rest/Walk	2.5 Miles	Rest/Walk
5	Rest/Walk	Rest/Walk	1.5 Miles	2 Miles	Rest/Walk	3 Miles	Rest/Walk

## 10K Training Schedule

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	Rest/Walk	Rest/Walk	1.5 Miles	2 Miles	Rest/Walk	2.5 Mile	Rest/Walk
2	Rest/Walk	Rest/Walk	2 Miles	2.5 Mile	Rest/Walk	3 Miles	Rest/Walk
3	Rest/Walk	Rest/Walk	2.5 Miles	3 Mile	Rest/Walk	4 Miles	Rest/Walk
4	Rest/Walk	Rest/Walk	2.5 Miles	3 Miles	Rest/Walk	5 Miles	Rest/Walk
5	Rest/Walk	Rest/Walk	3 Miles	3.5 Miles	Rest/Walk	6 Miles	Rest/Walk

**SUPERIOR DOUGLAS COUNTY FAMILY YMCA**  
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