



Seven week Training Program

Aug. 17 - Oct. 3

Scan the code for more information

Desk to 5K Program

Desk to 5K Program is designed for both the 5K-curious and anyone looking to add more movement to their daily routine. This fall we are looking at having a Kick-off meeting Friday, August 21st, at 12:15 PM in the East Gym, AG02. The culminating race will be the Wenzel 5K on Sat October 3, 2026.

What is a 5K?

A 5K is 3.1 miles long or 12.5 laps around a standard track.

Why walk and/or run?

Running, jogging, and walking are all forms of cardiovascular or aerobic exercise which can improve both short term and long term health. While there are many benefits of cardiovascular exercise, some include:

- Decreased risk of stroke and osteoporosis
- Improved memory
- Improved stress levels and blood sugar
- Weight loss, energy and sleep benefits



5K Opportunity

More information on registration will be provided via email.

The Wenzel 5K Race
Saturday, Oct. 3
Off-campus



1

Monday 8/17 | Wednesday 8/19 | Friday 8/21

5 min. warm-up walk
 1 min. run and 1.5 min. walk
Repeat 8 times
 5 min. cool down

2

Monday 8/24 | Wednesday 8/26 | Friday 8/28

5 min. warm-up walk
 1 min. run, 1.5 min. walk, 3 mins. run, 3 min. walk
Repeat 2 times
 5 min. cool down

3

Monday 8/31 | Wednesday 9/2 | Friday 9/4

5 min. warm-up walk
 3 min. run and 1.5 min. walk
Repeat 5 times
 5 min. cool down

4

Monday 9/7

5 min. warm-up walk
 5 min. run and 3 min. walk
 5 min. run
 5 min. cool down

Wednesday 9/9

5 min. warm-up walk
 8 min. run and 3 min. walk
 8 min. run
 5 min. cool down

Friday 9/11

5 min. warm-up walk
 10 min. run and 2 min. walk
 8 min. run
 5 min. cool down

5

Monday 9/14

5 min. warm-up walk
 10 min. run and 2 min. walk
 10 min. run
 5 min. cool down

Wednesday 9/16

5 min. warm-up walk
 15 min. run and 2 min. walk
 10 min. run
 5 min. cool down

Friday 9/18

5 min. warm-up walk
 20 min. steady run
 5 min. cool down

6

Monday 9/21

5 min. warm-up walk
 15 min. run
 2 min. walk
 8 min. run
 5 min. cool down

Wednesday 9/23

5 min. warm-up walk
 20 min. steady run
 5 min. cool down

Friday 9/25

5 min. warm-up walk
 10 min. run and 2 min. walk
 5 min. run
 5 min. cool down

7

Monday 9/28

Easy 10 min. shakeout run
 5 min. cool down

Wednesday 9/30

Mobility walk
 15-sec light accelerations
 lower body stretching
 5 min. cool down

Thursday 10/1 | Friday 10/2
Rest day!**Oct. 3**

The Wenzel 5K Race Day!

