



# Point of Pride



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>		20 min easy run/walk	Strength training or OFF	10 min easy, 5x intervals: 2 min fast run / 1:00 walk, 5 min cooldown	Cross train or OFF	3 miles	REST
<b>WEEK 2</b>	<i>Optional:</i> Easy 15 min run or cross train	25 min run as you feel	Strength training or OFF	10 min easy, 2x5 min hard/ 2 min easy/walk between, 5 min easy	Cross train or OFF	3 miles	REST
<b>WEEK 3</b>	<i>Optional:</i> Easy 15 min run or cross train	5 min easy, 5x intervals: 2 min fast run / 1:00 walk, 5 min cooldown	Strength training or OFF	10 min easy, 2x8 min hard/ 2 min easy/walk between, 5 min easy	Cross train or OFF	3.5 miles	REST
<b>WEEK 4</b>	<i>Optional:</i> Easy 20 min run or cross train	5 min easy, 6x intervals: 3 min fast / 1:30 walk, 5 min cooldown	Strength training or OFF	10 min easy, 15 min strong run, 5 min easy	Cross train or OFF	4 miles	REST
<b>WEEK 5</b>	<i>Optional:</i> Easy 20 min run or cross train	10 min easy, 10 min fast, 10 min easy	Strength training or OFF	25 min easy run	<i>Optional:</i> 20 min easy shakeout run	<b>5K race!</b>	REST

**NOTE:** This training plan is intended as suggested guidance only and does not constitute medical advice. This plan is not personalized and does not account for your level of fitness, health conditions and potential health conditions, injury, illness, or any other factor specific to the reader. Always consult your doctor or physician before beginning any new exercise program.

## Scaling

Depending on your fitness level, you can scale these suggested workouts to suit you.

- To make this plan easier, begin with a run/walk program, gradually increasing the running and reducing the walking over time.
- To make this plan more challenging, you can try to run as much as you can for the given time, walk as you need to, and then pick up running again. You can also increase your paces and efforts for the speed intervals.
- You can extend the warm-up and cooldown periods as desired.

## Pacing

“Easy” is an effort, not a pace; make sure you are going at a pace at which you could have a conversation. “Fast” means faster than your easy pace.

**Point of Pride is a 501(c)(3) non-profit organization that** works to benefit trans people in need through gender-affirming support programs that empower them to live more authentically. Point of Pride offers an Annual Transgender Surgery Fund, a Free Chest Binder Donation Program, a Free Trans Femme Shapewear Program, an Electrolysis Financial Support Program, an HRT Access Fund, and other community-building support initiatives for trans youth and adults. We also advocate for healthcare reform and the national adoption of inclusive healthcare policies that protect and serve our community.

Learn more and support our work at [www.pointofpride.org](http://www.pointofpride.org). Follow us on Instagram at [@pointofprideorg](https://www.instagram.com/pointofprideorg).