



5k Training Tracker

Special Olympics
Colorado



Name _____

5k Group _____

Week

1

	Date	Distance (Miles)	Time	Notes (or if it's a rest day, write 'rest day' below)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Week

2

	Date	Distance (Miles)	Time	Notes (or if it's a rest day, write 'rest day' below)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Week

3

	Date	Distance (Miles)	Time	Notes (or if it's a rest day, write 'rest day' below)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				



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Week

4

	Date	Distance (Miles)	Time	Notes (or if it's a rest day, write 'rest day' below)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Week

5

	Date	Distance (Miles)	Time	Notes (or if it's a rest day, write 'rest day' below)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Week

6

	Date	Distance (Miles)	Time	Notes (or if it's a rest day, write 'rest day' below)
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Total Miles _____