

RUN IN THE USA – ESFNA 2023

7 JULY 2023



4 WEEKS TRAINING BY ATHLETE ASSEFA MEZEGEBU

Day 1: Run 10 min, walk 1 min,
repeat 2 times

Day 2: Rest or cross-train

Day 3: Run 12 min, walk 1 min,
repeat 2 times

Day 4: Rest

Day 5: Run 13 min, walk 1 min,
repeat 2 times

Day 6: Rest or cross-train

Day 7: Rest

**WEEK
1**

Day 1: Run 15 min, walk 1 min,
repeat 2 times

Day 2: Rest or cross-train

Day 3: Run 17 min, walk 1 min, run 7
min

Day 4: Rest

Day 5: Run 19 min, walk 1 min, run 7
min

Day 6: Rest or cross-train

Day 7: Rest

**WEEK
2**

Day 1: Run 20 min, walk 1 min, run 6
min

Day 2: Rest or cross-train

Day 3: Run 24 min

Day 4: Rest

Day 5: Run 26 min

Day 6: Rest or cross-train

Day 7: Rest

**WEEK
3**

Day 1: Run 28 min

Day 2: Rest or cross-train

Day 3: Run 30 min

Day 4: Rest

Day 5: Run 20 minutes

Day 6: Rest

Day 7: Race! Run 5km(3.1 miles)

**WEEK
4**

Online registration is now open: <https://esfna.org/run-usa-registration/>