



5k

8-Week Training Program

Week 1

MONDAY-(Run 1 minute, walk 1 minute) X 10

TUESDAY-10 Squats, 10 Pushups, :30 second plank.

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 1 minute, walk 1 minute) X 10

FRIDAY-Be active outside for at least 20 Minutes

SATURDAY/SUNDAY-(Run 2 minutes, walk 4 minutes) X 5

Week 2

MONDAY-(Run 2 minutes, walk 4 minutes) X 5

TUESDAY-12 Squats, 10 Pushups, :40 second Plank

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 2 minutes, walk 4 minutes) X 5

FRIDAY-Be active outside for at least 20 Minutes

SATURDAY/SUNDAY-(Run 3 minutes, walk 3 minutes) X 4

Week 3

MONDAY-(Run 3 minutes, walk 3 minutes) X 4

TUESDAY-15 Squats, 10 pushups, :50 second Plank

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 3 minutes, walk 3 minutes) X 4

FRIDAY-Be active outside for at least 20 Minutes

SATURDAY/SUNDAY-(Run 5 minutes, walk 3 minutes) X 3

Week 4

MONDAY-(Run 5 minutes, walk 3 minutes) X 3

TUESDAY-18 Squats, 10 pushups, 1:00 second Plank

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 7 minutes, walk 2 minutes) X 3

FRIDAY-Be active outside for at least 20 Minutes

SATURDAY/SUNDAY-(Run 7 minutes, walk 2 minutes) X 3