

BEGINNER 5K - 3 DAYS W/STRENGTH

DAILY WARM UP

(R) = Rest Day (S) Strength

Start off each workout with a 5-10 minute brisk walk. This helps loosen your muscles and gets your heart/lungs ready for your workout.

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 MIN RUN/WALK	S	25 MIN RUN/WALK	R	S	30 MIN RUN/WALK	R

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 MIN RUN/WALK	S	R	30 MIN RUN/WALK	S	30 MIN RUN/WALK	R

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 MIN RUN/WALK	S	30 MIN RUN/WALK	R	S	35 MIN RUN/WALK	R

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
35 MIN RUN/WALK	S	R	35 MIN RUN/WALK	S	35 MIN RUN/WALK	R

DAILY COOL DOWN

RunBuzz

Finish each workout with an easy cool down. This helps your heart rate to return to a normal level and helps your muscles relax properly to facilitate recovery and minimize post workout soreness

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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40 MIN RUN/WALK	S	40 MIN RUN/WALK	R	S	40 MIN RUN/WALK	R

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40 MIN RUN/WALK	S	R	40 MIN RUN/WALK	S	40 MIN RUN/WALK	R

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
40 MIN RUN/WALK	S	40 MIN RUN/WALK	R	S	40 MIN RUN/WALK	R

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 MIN RUN/WALK	S	R	45 MIN RUN/WALK	S	45 MIN RUN/WALK	R

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WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 MIN RUN/WALK	S	45 MIN RUN/WALK	R	S	45 MIN RUN/WALK	R

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
45 MIN RUN/WALK	S	R	45 MIN RUN/WALK	S	50 MIN RUN/WALK	R

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
50 MIN RUN/WALK	S	50 MIN RUN/WALK	R	S	35 MIN RUN/WALK	R

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
35 MIN RUN/WALK	R	20 MIN RUN/WALK	20 MIN RUN/WALK	R		R

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