

# BEGINNER 5K - 3 DAYS

## DAILY WARM UP

(R) = Rest Day

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	R	25 MIN RUN/WALK	R	R	30 MIN RUN/WALK	R

### WEEK 2

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

### WEEK 3

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

### WEEK 4

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

## DAILY COOL DOWN



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

# BEGINNER 5K - 3 DAYS

## DAILY WARM UP

(R) = Rest Day

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 5

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

### WEEK 6

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

### WEEK 7

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

### WEEK 8

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

## DAILY COOL DOWN



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

# BEGINNER 5K - 3 DAYS

## DAILY WARM UP

(R) = Rest Day

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 9

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

### WEEK 10

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

### WEEK 11

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

## 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