

GET FIT FOR 5K - BEGINNER W/STRENGTH

DAILY WARM UP

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.

(S) = Strength (R) = Rest Day

LEVEL 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	1 MIN RUN 1 MIN WALK 10 CYCLES	R	1 MIN RUN 1 MIN WALK 10 CYCLES	S	1 MIN RUN 1 MIN WALK 10 CYCLES	R

LEVEL 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	2 MIN RUN 1 MIN WALK 10 CYCLES	R	2 MIN RUN 1 MIN WALK 10 CYCLES	S	2 MIN RUN 1 MIN WALK 10 CYCLES	R

LEVEL 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	3 MIN RUN 1 MIN WALK 8 CYCLES	R	3 MIN RUN 1 MIN WALK 8 CYCLES	S	3 MIN RUN 1 MIN WALK 8 CYCLES	R

LEVEL 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	4 MIN RUN 1 MIN WALK 7 CYCLES	R	4 MIN RUN 1 MIN WALK 7 CYCLES	S	4 MIN RUN 1 MIN WALK 7 CYCLES	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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LEVEL 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	5 MIN RUN 1 MIN WALK 6 CYCLES	R	5 MIN RUN 1 MIN WALK 6 CYCLES	S	5 MIN RUN 1 MIN WALK 6 CYCLES	R

LEVEL 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	5 MIN RUN 30S WALK 6 CYCLES	R	5 MIN RUN 30S WALK 6 CYCLES	S	5 MIN RUN 30S WALK 6 CYCLES	R

LEVEL 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	6 MIN RUN 1 MIN WALK 6 CYCLES	R	6 MIN RUN 1 MIN WALK 6 CYCLES	S	6 MIN RUN 1 MIN WALK 6 CYCLES	R

LEVEL 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	7 MIN RUN 1 MIN WALK 5 CYCLES	R	7 MIN RUN 1 MIN WALK 5 CYCLES	S	7 MIN RUN 1 MIN WALK 5 CYCLES	R

DAILY COOL DOWN

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LEVEL 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	8 MIN RUN 1 MIN WALK 4 CYCLES	R	8 MIN RUN 1 MIN WALK 4 CYCLES	S	8 MIN RUN 1 MIN WALK 4 CYCLES	R

LEVEL 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	9 MIN RUN 1 MIN WALK 4 CYCLES	R	9 MIN RUN 1 MIN WALK 4 CYCLES	S	9 MIN RUN 1 MIN WALK 4 CYCLES	R

LEVEL 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	10 MIN RUN 1 MIN WALK 3 CYCLES	R	10 MIN RUN 1 MIN WALK 3 CYCLES	S	10 MIN RUN 1 MIN WALK 3 CYCLES	R

LEVEL 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S	10 MIN RUN 30S WALK 3 CYCLES	R	10 MIN RUN 30S WALK 3 CYCLES	S	10 MIN RUN 30S WALK 3 CYCLES	R

DAILY COOL DOWN

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