

# GET FIT FOR 5K - INTERMEDIATE 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.

(R) = REST DAY (S) = STRENGTH

### LEVEL 1

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

### LEVEL 2

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

### LEVEL 3

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

### LEVEL 4

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

## 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



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### LEVEL 5

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

### LEVEL 6

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

### LEVEL 7

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

### LEVEL 8

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

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### LEVEL 9

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

### LEVEL 10

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

### LEVEL 11

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

### LEVEL 12

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

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