

GET FIT FOR 5K - INTERMEDIATE

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.

LEVEL 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
R	1 MIN RUN 1 MIN WALK 10 CYCLES	R	1 MIN RUN 1 MIN WALK 10 CYCLES	R	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	R	2 MIN RUN 1 MIN WALK 10 CYCLES	R	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	R	3 MIN RUN 1 MIN WALK 8 CYCLES	R	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	R	4 MIN RUN 1 MIN WALK 7 CYCLES	R	4 MIN RUN 1 MIN WALK 7 CYCLES	4 MIN RUN 1 MIN WALK 7 CYCLES

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

GET FIT FOR 5K - INTERMEDIATE

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.

LEVEL 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
R	5 MIN RUN 1 MIN WALK 6 CYCLES	R	5 MIN RUN 1 MIN WALK 6 CYCLES	R	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	R	5 MIN RUN 30S WALK 6 CYCLES	R	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	R	6 MIN RUN 1 MIN WALK 6 CYCLES	R	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	R	7 MIN RUN 1 MIN WALK 5 CYCLES	R	7 MIN RUN 1 MIN WALK 5 CYCLES	7 MIN RUN 1 MIN WALK 5 CYCLES

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

GET FIT FOR 5K - INTERMEDIATE

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.

LEVEL 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
R	8 MIN RUN 1 MIN WALK 4 CYCLES	R	8 MIN RUN 1 MIN WALK 4 CYCLES	R	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	R	9 MIN RUN 1 MIN WALK 4 CYCLES	R	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	R	10 MIN RUN 1 MIN WALK 3 CYCLES	R	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	R	10 MIN RUN 30S WALK 3 CYCLES	R	10 MIN RUN 30S WALK 3 CYCLES	10 MIN RUN 30S WALK 3 CYCLES

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