

YOUR GOAL: 5 K RUN IN ONE GO | 6 WEEK TRAINING SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	DAY OFF	30 MINUTES 20 min quick walk + 5x 1 min run with 1 min walk	DAY OFF	30 MINUTES 10 min quick walk + 10x 1 min run with 1 min walk	DAY OFF	20 MINUTES 5x 2 min run with 2 min walk	DAY OFF
2	DAY OFF	32 MINUTES 8x 1 min run with 1 min walking break + 4x 2 min run with 2 min walking break	DAY OFF	36 MINUTES 6x 2 min run with 2 min walk 1 min run with 1 min walk	DAY OFF	25 MINUTES 5x 3 min run with 2 min walk	30 MINUTES cross training 20 min core workout (use your body weight) 10 min mobility
3	DAY OFF	36 MINUTES 4x 4 min run with 2 min walk + 4x 2 min run with 1 min walk	15 MINUTES active recovery (mobility / yoga)	DAY OFF	28 MINUTES 4x 5 min run with 2 min walk	DAY OFF	24 MINUTES 1x 8 min run 1x 6 min run 1x 4 min run with 2 min walk each
4	30 MINUTES cross training 20 min core workout (use your body weight) 10 min mobility	28 MINUTES 4x 4 min run with 1 min walk + 1x 8 min run (finish off)	DAY OFF	30 MINUTES 1x 10 min run with 2 min walk + 3x 5 min run with 1 min walk	DAY OFF	30 MINUTES 1x 10 min run 1x 8 min run 1x 6 min run with 2 min walk each	DAY OFF
5	36 MINUTES 3x 5 min run with 1 min walk - 2 min set break - 1x 15 min run	DAY OFF	36 MINUTES 3x 10 min run with 2 min walk	DAY OFF	36 MINUTES 6x 5 min run with 1 min walk	30 MINUTES cross training 20 min core workout (use your body weight) 10 min mobility	DAY OFF
6	22 MINUTES 1x 15 min run with 2 min walk + 1x 5 min run (finish off)	15 MINUTES active recovery (mobility / yoga)	BUSINESS RUN Enjoy your 5 k run! You worked with dedication towards your goal. Therefore, toe the line proudly and celebrate your success with your team mates.		DAY OFF	15 MINUTES active recovery (mobility / yoga)	DAY OFF