

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
W01	RUN 1 MIN WALK 1 MIN REPEAT 10X	REST DAY	RUN 2 MIN WALK 3 MIN REPEAT 5X	REST DAY	RUN 2 MIN WALK 3 MIN REPEAT 5X	HOME WORKOUT	REST DAY
W02	RUN 3 MIN WALK 3 MIN REPEAT 4X	REST DAY	RUN 3 MIN WALK 2 MIN REPEAT 5X	REST DAY	RUN 5 MIN WALK 3 MIN REPEAT 3X	HOME WORKOUT	REST DAY
W03	RUN 5 MIN WALK 3 MIN REPEAT 3X	REST DAY	RUN 7 MIN WALK 3 MIN REPEAT 3X	REST DAY	RUN 7 MIN WALK 3 MIN REPEAT 3X	HOME WORKOUT	REST DAY
W04	RUN 7 MIN WALK 3 MIN REPEAT 3X	REST DAY	RUN 10 MIN WALK 4 MIN REPEAT 2X	REST DAY	RUN 7 MIN WALK 3 MIN REPEAT 3X	HOME WORKOUT	REST DAY
W05	RUN 10 MIN WALK 4 MIN REPEAT 2X	REST DAY	RUN 15 MIN WALK 5 MIN REPEAT 2X	REST DAY	RUN 10 MIN WALK 4 MIN REPEAT 3X	HOME WORKOUT	REST DAY
W06	RUN 15 MIN WALK 3 MIN REPEAT 2X	REST DAY	RUN 7 MIN WALK 3 MIN REPEAT 3X	REST DAY	REST DAY	MASON RUN/WALK 5K DAY!	LET'S CELEBRATE !

# 5K

TRAINING GUIDE