

SIX WEEKS TO RUNNING A 5K

Week 1: Sunday, mix Run/Walk 30 minutes. Monday, rest. Tuesday, two miles. Wednesday, rest or easy run 15 minutes. Thursday, two miles. Friday, rest. Saturday, cross train with biking or swimming for 20 minutes.

Week 2: Sunday, 35 minutes. Monday, rest. Tuesday, two miles. Wednesday, rest or easy run 15 minutes. Thursday, two miles. Friday, rest. Saturday, cross-train.

Week 3: Sunday, 40 minutes. Monday, rest. Tuesday, 2.5 miles. Wednesday, rest or easy run 15 minutes. Thursday, 2.5 miles. Friday rest, Saturday cross train.

Week 4: Sunday, 45 minutes. Monday, rest. Tuesday, two miles. Wednesday, rest or easy run 20 minutes. Thursday, 2.5. Friday, rest. Saturday, cross train.

Week 5: Sunday, 45 minutes. Monday, rest. Tuesday, two miles. Wednesday, rest or easy run 20 minutes. Thursday, three miles. Friday, rest. Saturday, cross-train.

Week 6: Sunday, 30 minutes. Monday, rest. Tuesday, 2 miles. Wednesday, rest or easy run 15 minutes. Thursday, 2 miles. Friday, rest. Saturday: RACE DAY! Your first 5K!!