

# 5 WEEKS TO YOUR FIRST 5KM

WEEK 1

## MONDAY

Rest

**GOAL:** Commit! Block out your run time for the remainder of the week.

## TUESDAY

Run easy for at least 10 minutes

**GOAL:** Just get out the door. Instant success!

## WEDNESDAY

Cross-train for at least 10 minutes

**GOAL:** Keep your heart rate elevated at all times.

## THURSDAY

Run easy 15 minutes, include at least one hill on your route.

**GOAL:** Add at least one hill onto your route.

## FRIDAY

Walk 20 minutes

**GOAL:** Invite a friend and make it an active date.

## SATURDAY

Rest

**GOAL:** Plan your pre-run meal for tomorrow's long run.

## SUNDAY

Long Run - 10 minutes longer than normal (or at least 20 minutes). Walk if necessary.

**GOAL:** Run 10 minutes longer than normal (or at least 20 minutes). Take walk breaks if necessary.