

5 WEEKS TO YOUR FIRST 5KM

WEEK 2

MONDAY

Rest

GOAL: Strive for at least three servings of fruit and / or veggies.

TUESDAY

Run easy - add 5 minutes to your run time from last week Tuesday.

GOAL: Add 5 minutes to your run time from last week.

WEDNESDAY

Cross-train - add 5 minutes to your time from last week, and/or up the intensity.

GOAL: Add 5 minutes to your XT time from last week, and/or up the intensity.

THURSDAY

Run easy 15 minutes, do 3 hill repeats.

GOAL: Do 3 hill repeats (run comfortably hard on the way up; recover on the way down).

FRIDAY

Walk 20 minutes

GOAL: Every 5 minutes, do a 1-minute jog.

SATURDAY

Rest

GOAL: Get at least 8 hours of sleep tonight.

SUNDAY

Long Run - 5 minutes longer than last week. Walk if necessary.

GOAL: Run 5 minutes longer than last week.