

## 8 Weeks to 5K RunFit Program

*\*This program is designed to be completed 3 days/week progressively building in duration. It is recommended to supplement this program with a flexibility and functional strength routine. The goal of this routine is to be able to complete a 5K with all or the majority of the time jogging.*

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
<b>WEEK 1</b>	WALK 4MIN/JOG 1MIN TOTAL TIME: 20MIN	WALK 4MIN/JOG 1MIN TOTAL TIME: 20MIN	WALK 4MIN/JOG 1MIN TOTAL TIME: 20MIN
<b>WEEK 2</b>	WALK 3MIN/JOG 2MIN TOTAL TIME: 25MIN	WALK 3MIN/JOG 2MIN TOTAL TIME: 25MIN	WALK 3MIN/JOG 2MIN TOTAL TIME: 25MIN
<b>WEEK 3</b>	WALK 1MIN/JOG 4MIN TOTAL TIME: 30MIN	WALK 1MIN/JOG 4MIN TOTAL TIME: 30MIN	WALK 1MIN/JOG 4MIN TOTAL TIME: 30MIN
<b>WEEK 4</b>	WALK 1MIN/JOG 4MIN TOTAL TIME: 35MIN	WALK 1MIN/JOG 4MIN TOTAL TIME: 35MIN	WALK 1MIN/JOG 4MIN TOTAL TIME: 35MIN
<b>WEEK 5</b>	WALK 1MIN/JOG 6MIN TOTAL TIME: 35MIN	WALK 1MIN/JOG 6MIN TOTAL TIME: 35MIN	WALK 1MIN/JOG 6MIN TOTAL TIME: 35MIN
<b>WEEK 6</b>	WALK 1MIN/JOG 10MIN TOTAL TIME: 33MIN	WALK 1MIN/JOG 10MIN TOTAL TIME: 33MIN	WALK 1MIN/JOG 10MIN TOTAL TIME: 33MIN
<b>WEEK 7</b>	WALK 1MIN/JOG 14MIN TOTAL TIME: 30MIN	WALK 1MIN/JOG 18MIN TOTAL TIME: 37MIN	WALK 1MIN/JOG 20MIN TOTAL TIME: 42MIN
<b>WEEK 8</b>	JOG 30MIN – 35MIN	JOG 25-30MIN/STRETCH & REST	<b>RACE DAY</b> – ACCOMPLISH 5K!