

5K CHALLENGE

Day 1	Day 2	Day 3	Day 4	Day 5
Run .25 miles	Run .25 miles	Run .25 miles	Run .5 miles	Run .5 miles
Day 6	Day 7	Day 8	Day 9	Day 10
Run .5 miles	Rest!	Run .75 miles	Run .75 miles	Run 1 mile
Day 11	Day 12	Day 13	Day 14	Day 15
Run 1 mile	Run 1 mile	Run 1.25 miles	Run 1.25 miles	Run 1.25 miles
Day 16	Day 17	Day 18	Day 19	Day 20
Run 1.5 miles	Rest!	Run 1.75 miles	Run 1.75 miles	Run 2 miles
Day 21	Day 22	Day 23	Day 24	Day 25
Run 2 miles	Run 2 miles	Run 2.25 miles	Run 2.25 miles	Rest!
Day 26	Day 27	Day 28	Day 29	Day 30
Run 2.5 miles	Run 2.75 miles	Run 2.75 miles	Run 3 miles	Run 3.1 miles →5k!

Runnin' for Sweets 

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