



GET MOVING IN MAY!

12-Week Beginning Running 5K Plan

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Running 3 Days a Week							
1	5-min warm-up walk; 5 run/walk intervals (1-min Run /5-min walk) ; cool-down walk/stretching.						
2	5-min warm-up walk; 5 run/walk intervals (2-min Run /4-min walk) ; cool-down walk/stretching.						
3	5-min warm-up walk; 5 run/walk intervals (3-min Run /3-min walk) ; cool-down walk/stretching.						
4	5-min warm-up walk; 5 run/walk intervals (4-min Run /2-min walk) ; cool-down walk/stretching.						
5	5-min warm-up walk; 5 run/walk intervals (5-min Run /1-min walk) ; cool-down walk/stretching.						
6	5-min warm-up walk; 4 run/walk intervals (6-min Run /2-min walk) ; cool-down walk/stretching.						
7	5-min warm-up walk; 3 run/walk intervals (7-min Run /3-min walk) ; cool-down walk/stretching.						
8	5-min warm-up walk; 3 run/walk intervals (8-min Run /2-min walk) ; cool-down walk/stretching.						
9	5-min warm-up walk; 3 run/walk intervals (9-min Run /1-min walk) ; cool-down walk/stretching.						
10	5-min warm-up walk; 2 run/walk intervals (13-min Run /2-min walk) ; cool-down walk/stretching.						
11	5-min warm-up walk; 2 run/walk intervals (14-min Run /1-min walk) ; cool-down walk/stretching.						
12	5-min warm-up walk; 1 interval (30-minute run) ; cool-down walk/stretching.						

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