



30-Days to 5K Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
—	—	—	—	—	—	1 mile
X-train >20 min	Rest Stretch Weights	1 mile	Rest Stretch Weights	1 mile	Rest	2 mile
X-train >30 min	Rest Stretch Weights	1.5 mile	Rest Stretch Weights	1.5 mile	Rest	2.5 mile
X-train >40 min	Rest Stretch Weights	2 mile	Rest Stretch Weights	2 mile	Rest	3 mile
X-train >50 min	Rest Stretch Weights	2 mile	Rest Stretch Weights	1.5 mile	Rest	RACE

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/30daychallengeseries