

8 WEEKS TO 5K

RUNNING PROGRAM

<u>01</u> 2 Min Run 2 Min Walk 2 SETS	<u>02</u> 10 Squats 10 Calf Raises	<u>03</u> 2 Min Run 2 Min Walk 3 SETS	<u>04</u> 10 Squats 10 Calf Raises	<u>05</u> 2 Min Run 1 Min Walk 3 SETS	<u>06</u> 10 Squats 10 Calf Raises	<u>07</u> 5 Min Run 5 Min Walk 3 SETS
<u>08</u> 3 Min Run 2 Min Walk 2 SETS	<u>09</u> 20 Squats 20 Calf Raises	<u>10</u> 3 Min Run 1 Min Walk 3 SETS	<u>11</u> 20 Squats 20 Calf Raises	<u>12</u> 3 Min Run 1 Min Walk 3 SETS	<u>13</u> 20 Squats 20 Calf Raises	<u>14</u> 7 Min Run 5 Min Walk 2 SETS
<u>15</u> 4 Min Run 2 Min Walk 2 SETS	<u>16</u> 30 Squats 30 Calf Raises	<u>17</u> 4 Min Run 2 Min Walk 3 SETS	<u>18</u> 30 Squats 30 Calf Raises	<u>19</u> 4 Min Run 1 Min Walk 3 SETS	<u>20</u> 30 Squats 30 Calf Raises	<u>21</u> 10 Min Run 5 Min Walk 2 SETS
<u>22</u> 5 Min Run 2 Min Walk 2 SETS	<u>23</u> 20 x2 Squats 20 x2 Calf Raises	<u>24</u> 5 Min Run 2 Min Walk 3 SETS	<u>25</u> 20 x2 Squats 20 x2 Calf Raises	<u>26</u> 5 Min Run 1 Min Walk 3 SETS	<u>27</u> 20 x2 Squats 20 x2 Calf Raises	<u>28</u> 15 Min run in one go non- stop
<u>29</u> 6 Min Run 2 Min Walk 2 SETS	<u>30</u> 25 x2 Squats 20 x3 Calf Raises	<u>31</u> 6 Min Run 2 Min Walk 3 SETS	<u>32</u> 25 x2 Squats 20 x3 Calf Raises	<u>33</u> 6 Min Run 1 Min Walk 3 SETS	<u>34</u> 25 x2 Squats 20 x3 Calf Raises	<u>35</u> 10 Min Run 2 Min Walk 2 SETS
<u>36</u> 7 Min Run 2 Min Walk 2 SETS	<u>37</u> 20 x3 Squats 20 x3 Calf Raises	<u>38</u> 7 Min Run 2 Min Walk 3 SETS	<u>39</u> 20 x3 Squats 20 x3 Calf Raises	<u>40</u> 7 Min Run 1 Min Walk 3 SETS	<u>41</u> 20 x3 Squats 20 x3 Calf Raises	<u>42</u> 25 Min run in one go non- stop
<u>43</u> 8 Min Run 2 Min Walk 2 SETS	<u>44</u> 35 x2 Squats 15 x4 Calf Raises	<u>45</u> 8 Min Run 2 Min Walk 3 SETS	<u>46</u> 35 x2 Squats 15 x4 Calf Raises	<u>47</u> 9 Min Run 1 Min Walk 2 SETS	<u>48</u> 35 x2 Squats 15 x4 Calf Raises	<u>49</u> 15 Min Run 1 Min Walk 2 SETS
<u>50</u> 10 Min Run 2 Min Walk 2 SETS	<u>51</u> 20 x4 Squats 20 x4 Calf Raises	<u>52</u> 10 Min Run 2 Min Walk 3 SETS	<u>53</u> 20 x4 Squats 20 x4 Calf Raises	<u>54</u> 15 Min Run 2 Min Walk 2 SETS	<u>55</u> 20 x4 Squats 20 x4 Calf Raises	<u>56</u> 30-35 Min in one go or 5K