


## BEGINNER 5K TRAINING PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 7/24	<a href="#">STRETCH</a>	Warm up for 5mins Run/Jog/Walk 1min Walk 1min & 30secs Repeat 7x Cool Down 5mins (26:00)	Posse Workout	Warm up for 5mins Run/Jog/Walk 1min Walk 1min & 30secs Repeat 7x Cool Down 5mins (26:00)	<a href="#">Recorded Strength</a>	Warm up for 5mins Run/Jog/Walk 1min Walk 1min & 30secs Repeat 8x Cool Down 5mins (28:30) <a href="#">Core Workout</a>	Posse Live Workout
WEEK 2 7/31	<a href="#">STRETCH</a>	Warm up for 5mins Run/Jog/Walk 1min & 30secs Walk 1min & 20secs Repeat 8x Cool Down 5mins (31:20)	<a href="#">Recorded Strength</a>	Warm up for 5mins Run/Jog/Walk 1min &30secs Walk 1min & 10secs Repeat 8x Cool Down 5mins (31:10)	<a href="#">Recorded Strength</a>	Warm up for 5mins Run/Jog/Walk 2min Walk 1min & 10secs Repeat 6x Cool Down 5mins (27:50) <a href="#">Core Workout</a>	<a href="#">Recorded Strength</a>
WEEK 3 8/7	<a href="#">STRETCH</a>	Warm up for 5mins Run/Jog/Walk 2min Walk 1min & 10secs Repeat 6x Cool Down 5mins (27:50)	Posse Live Workout	Warm up for 5mins Run/Jog/Walk 2 Min & 30sec Walk 1min & 10secs Repeat 7x Cool Down 5mins (31:00)	<a href="#">Recorded Strength</a>	Warm up for 5mins Run/Jog/Walk 3min Walk 1min & 20secs Repeat 7x Cool Down 5mins (34:40) <a href="#">Core Workout</a>	Posse Live Workout
WEEK 4 8/14	<a href="#">STRETCH</a>	Warm up for 5mins Run/Jog/Walk 3min 30sec Walk 1min & 30secs Repeat 5x Cool Down 5mins (33:30)	Posse Live Workout	Warm up for 5mins Run/Jog/Walk 4min Walk 1min & 30secs Repeat 4x Cool Down 5mins (30:30)	<a href="#">Recorded Strength</a>	Warm up for 5mins Run/Jog/Walk 4min Walk 1min & 30secs Repeat 4x Cool Down 5mins <a href="#">Core Workout</a>	Posse Live Workout
WEEK 5 8/21	<a href="#">STRETCH</a>	Warm up for 5mins Run/Jog/Walk 5min Walk 2min Run/Jog/Walk 8min Walk 2min Run/Jog/Walk 4min Cool Down 5mins (29:40)	Posse Live Workout	Warm up for 5mins Run/Jog/Walk 5min Walk 2min Run/Jog/Walk 8min Walk 2min Run/Jog/Walk 5min Cool Down 5mins (30:40)	<a href="#">Recorded Strength</a>	Warm up for 5 mins Run/Jog/Walk 5min Walk 2min Run/Jog/Walk 8min Walk 2min Run/Jog 5min Cool Down 5mins (30:40) <a href="#">Core Workout</a>	Posse Live Workout
WEEK 6 8/28	<a href="#">STRETCH</a>	Warm up for 5mins Run/Jog/Walk 10min Walk 2min Run/Jog/Walk 10min Cool Down 5mins (32:00)	Posse Live Workout	Warm up for 5mins Run/Jog/Walk 10min Walk 2min Run/Jog/Walk 15min Cool Down 5mins (37:00)	<a href="#">Recorded Strength</a>	Warm up for 5 mins Run/Jog/Walk 15min Walk 2min Run/Jog/Walk 15min Cool Down 5mins (42:00) <a href="#">Core Workout</a>	Posse Live Workout
WEEK 7 9/4	<a href="#">STRETCH</a>	Warm up for 5mins Run/Jog/Walk 18min Walk 2min Run/Jog 15min Cool Down 5mins (44:00)	Posse Live Workout	Warm up for 5mins Run/Jog/Walk 20min Walk 2min Run/Jog/Walk 10min Cool Down 5mins (46:00)	<a href="#">Recorded Strength</a>	Warm up for 5 mins Run/Jog/Walk 25min Walk 2min Run/Jog/Walk 5 min Cool Down 5mins (41:00) <a href="#">Core Workout</a>	Posse Live Workout
WEEK 8 9/11	<a href="#">STRETCH</a>	Warm up for 5 mins Run/Jog/Walk 25min Walk 2min Run/Jog/Walk 5 min Cool Down 5mins (41:00)	Posse Live Workout	Warm up for 5 mins Run/Jog/Walk 30min Walk 2min Run/Jog/Walk 5 min Cool Down 5mins (46:00)	<a href="#">Recorded Strength</a>	<b>RACE DAY!!!</b> <b>RUN/ JOG 30mins or</b> <b>3.2miles</b> 	Posse Live Workout