

Week 5

MONDAY- (Run 8 minutes, walk 2 minutes) X 3

TUESDAY-18 Squats, 12 pushups, 1:00 second Plank

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 8 minutes, walk 2 minutes) X 3

FRIDAY-Be active outside for at least 20 Minutes

SATURDAY/SUNDAY-(Run 8 minutes, walk 2 minutes) X 3

Week 6

MONDAY- (Run 10 minutes, walk 2 minutes) X 2

TUESDAY-20 Squats, 15 pushups, 1:00 second Plank

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 8 minutes, walk 2 minutes) X 3

FRIDAY-Be active outside for at least 20 minutes

SATURDAY/SUNDAY-(Run 10 minutes, walk 2 minutes) X 2

Week 7

MONDAY- (Run 9 minutes, walk 1 minute) X 3

TUESDAY-20 Squats, 15 pushups, 1:10 second Plank

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 12 minutes, walk 2 minutes) X 2

FRIDAY-Be active outside for at least 20 Minutes

SATURDAY/SUNDAY-(Run 8 minutes, walk 2 minutes) X 3

Week 8

MONDAY-(Run 15 minutes, walk 1 minute) X 2

TUESDAY-25 Squats, 20 pushups, 1:20 second Plank

WEDNESDAY-Find a healthy breakfast recipe, shop and cook!

THURSDAY-(Run 8 minutes, walk 2 minutes) X 3

FRIDAY-Be lightly active outside for at least 10 Minutes

SATURDAY-PREPARE FOR YOUR RACE AND CELEBRATE!

When training is done, you are ready for the Outback Steakhouse Pier Run 5K at the St Pete Run Fest! Best of luck in your training!