



Train Your Way to a 5K Program

Training for a 5K? New to running? With this challenge, Olympian runner Carrie Tollefson will coach you step-by-step through running (or walking) workouts whether on the treadmill or outdoors. Balance out your cardio progression with additional strength training, yoga, and recovery options each week. This challenge is designed to build your endurance, strength, and best of all... get you prepared and ready to take on a 5K!

Optional Equipment



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Strides Tutorial 5 min AND Run at Red Rocks 30 min	One Minuters (Running) 30 min	The Body Factor 20 min OR Rest	The Progression Five (Running) 20 min	Yoga Stretch 20 min OR Rest	Run in Death Valley 1 (Running) 30 min	Bodyweight BASIC 20 min OR Rest
WEEK 2	Run in Death Valley 2 (Running) 30 min	3 and 2's (Running) 30 min	Hit It Strong 20 min OR Rest	Out & Back (Running) 30 min	Yoga BASIC 20 min OR Rest	Run at Red Rocks, NV (Running) 30 min	Rock Your Core 20 min OR Rest
WEEK 3	Run in Death Valley 1 (Running) 30 min	Hills For Days (Running) 30 min	BYOB 20 min OR Rest	3 and 2's (Running) 30 min	Fusion BASIC 20 min OR Rest	The Progression Five (Running) 30 min	The Matrix 20 min OR Rest
WEEK 4	Run in Death Valley 2 (Running) 30 min	Up and Down the Ladder (Running) 30 min	The Body Factor 20 min OR Rest	2 & 1's (Running) 20 min	Yoga BASIC 20 min OR Rest	Run at Red Rocks, NV (Running) 30 min	Bodyweight BASIC 20 min OR Rest
WEEK 5	Run in Death Valley 1 (Running) 30 min	High Fiver (Running) 20 min	Hit It Strong 20 min OR Rest	One Minuters (Running) 30 min	Yoga Stretch 20 min OR Rest	Race Day Give it your all!	Share your 5K journey with us! #wellbeats