

Start to Finish 5K Schedule

BEGIN EACH DAY WITH A BRISK FIVE-MINUTE WARM-UP WALK. GENTLY STRETCH YOUR HAMSTRINGS, QUADS, CALVES, HIPS & TORSO. FINISH EACH DAY WITH A 5 MINUTE COOL DOWN.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	RUN/JOG FOR 1 MINUTE. WALK FOR 2 MINUTES. REPEAT 10X FOR A TOTAL OF 30 MINUTES.	SLR X10 SL ABD X10 BRIDGE 2 SECONDS 2X10 WALL SQUAT X5	RUN/JOG FOR 1 MINUTE. WALK FOR 2 MINUTES. REPEAT 10X FOR A TOTAL OF 30 MINUTES.	SLR X10 SL ABD X10 BRIDGE 2 SECONDS 2X10 WALL SQUAT X5	RUN/JOG FOR 1 MINUTE. WALK FOR 2 MINUTES. REPEAT 10X FOR A TOTAL OF 30 MINUTES.	SLR X10 SL ABD X10 BRIDGE 2 SECONDS 2X10 WALL SQUAT X5	REST
WEEK 2	RUN/JOG FOR 2 MINUTES. WALK FOR 2 MINUTES. REPEAT 7X FOR TOTAL OF 28 MINUTES.	SLR 2X10 SL ABD X20 BRIDGE 5 SECONDS 3X10 WALL SQUAT X5	RUN/JOG FOR 2 MINUTES. WALK FOR 2 MINUTES. REPEAT 7X FOR TOTAL OF 28 MINUTES.	SLR 2X10 SL ABD X20 BRIDGE 5 SECONDS 3X10 WALL SQUAT X5	RUN/JOG FOR 2 MINUTES. WALK FOR 2 MINUTES. REPEAT 7X FOR TOTAL OF 28 MINUTES.	SLR 2X10 SL ABD X20 BRIDGE 5 SECONDS 3X10 WALL SQUAT X5	REST
WEEK 3	RUN/JOG FOR 3 MINUTES. WALK FOR 2 MINUTES. REPEAT 6X FOR TOTAL OF 30 MINUTES	SLR 3X10 SL ABD X30 BRIDGE 10 SECONDS 3X10 WALL SQUAT 2X10	RUN/JOG FOR 3 MINUTES. WALK FOR 2 MINUTES. REPEAT 6X FOR TOTAL OF 30 MINUTES	SLR 3X10 SL ABD X30 BRIDGE 10 SECONDS 3X10 WALL SQUAT 2X10	RUN/JOG FOR 3 MINUTES. WALK FOR 2 MINUTES. REPEAT 6X FOR TOTAL OF 30 MINUTES	SLR 3X10 SL ABD X30 BRIDGE 10 SECONDS 3X10 WALL SQUAT 2X10	REST
WEEK 4	RUN/JOG FOR 5 MINUTES. WALK FOR 2 MINUTES. REPEAT FOR 4X FOR TOTAL OF 28 MINUTES	PLANK KNEES 3X10 SIDE PLANK KNEES 3X10 BRIDGE WITH MARCHING 3X10 WALL SQUAT 3X10	RUN/JOG FOR 5 MINUTES. WALK FOR 2 MINUTES. REPEAT FOR 4X FOR TOTAL OF 28 MINUTES	PLANK KNEES 3X10 SIDE PLANK KNEES 3X10 BRIDGE WITH MARCHING 3X10 WALL SQUAT 3X10	RUN/JOG FOR 5 MINUTES. WALK FOR 2 MINUTES. REPEAT FOR 4X FOR TOTAL OF 28 MINUTES	PLANK KNEES 3X10 SIDE PLANK KNEES 3X10 BRIDGE WITH MARCHING 3X10 WALL SQUAT 3X10	REST
WEEK 5	RUN/JOG 8 MINUTES. WALK FOR 90 SECONDS. REPEAT 3X FOR TOTAL OF 29 MINUTES	PLANK KNEES 3X20 SIDE PLANK KNEES 3X20 BRIDGE WITH MARCHING 3X10 WALL SQUAT 4X10	RUN/JOG 8 MINUTES. WALK FOR 90 SECONDS. REPEAT 3X FOR TOTAL OF 29 MINUTES	PLANK KNEES 3X20 SIDE PLANK KNEES 3X20 BRIDGE WITH MARCHING 3X10 WALL SQUAT 4X10	RUN/JOG 8 MINUTES. WALK FOR 90 SECONDS. REPEAT 3X FOR TOTAL OF 29 MINUTES	PLANK KNEES 3X20 SIDE PLANK KNEES 3X20 BRIDGE WITH MARCHING 3X10 WALL SQUAT 4X10	REST
WEEK 6	RUN/JOG 10 MINUTES. WALK FOR 90 SECONDS. REPEAT 2X FOR TOTAL OF 23 MINUTES.	PLANK TOES 3X10 SIDE PLANK 3X10 BRIDGE W/KO 3X10 LUNGE 2X10 B	RUN/JOG 10 MINUTES. WALK FOR 90 SECONDS. REPEAT 2X FOR TOTAL OF 23 MINUTES.	PLANK TOES 3X10 SIDE PLANK 3X10 BRIDGE W/KO 3X10 LUNGE 2X10 B	RUN/JOG 10 MINUTES. WALK FOR 90 SECONDS. REPEAT 2X FOR TOTAL OF 23 MINUTES.	PLANK TOES 3X10 SIDE PLANK 3X10 BRIDGE W/KO 3X10 LUNGE 2X10 B	REST
WEEK 7	RUN/JOG 13 MINUTES. WALK FOR 1 MINUTE. REPEAT 2X FOR TOTAL OF 28 MINUTES	PLANK 3X20 SIDE PLANK 3X20 BRIDGE W/KO 3X10 LUNGE 3X10 B	RUN/JOG 13 MINUTES. WALK FOR 1 MINUTE. REPEAT 2X FOR TOTAL OF 28 MINUTES	PLANK 3X20 SIDE PLANK 3X20 BRIDGE W/KO 3X10 LUNGE 3X10 B	RUN/JOG 13 MINUTES. WALK FOR 1 MINUTE. REPEAT 2X FOR TOTAL OF 28 MINUTES	PLANK 3X20 SIDE PLANK 3X20 BRIDGE W/KO 3X10 LUNGE 3X10 B	REST
WEEK 8	RUN/JOG 15 MINUTES. WALK FOR 1 MINUTE. REPEAT 2 TIMES FOR 32 MINUTES	PLANK W/HE 3X10 SIDE PLANK W/HE 3X10 SL BRIDGE 3X10 LUNGE 4X10 B	RUN/JOG 15 MINUTES. WALK FOR 1 MINUTE. REPEAT 2 TIMES FOR 32 MINUTES	PLANK W/HE 3X10 SIDE PLANK W/HE 3X10 SL BRIDGE 3X10 LUNGE 4X10 B	RUN/JOG 15 MINUTES. WALK FOR 1 MINUTE. REPEAT 2 TIMES FOR 32 MINUTES	PLANK W/HE 3X10 SIDE PLANK W/HE 3X10 SL BRIDGE 3X10 LUNGE 4X10 B	REST
WEEK 9	RUN/JOG 30 MINUTES. NO WALKING	PLANK W/HE 3X20 SIDE PLANK W/HE 3X20 SL BRIDGE 3X10 LUNGE 4X10 B	RUN/JOG 30 MINUTES. NO WALKING	PLANK W/HE 3X20 SIDE PLANK W/HE 3X20 SL BRIDGE 3X10 LUNGE 4X10 B	RUN/JOG 30 MINUTES. NO WALKING	PLANK W/HE 3X20 SIDE PLANK W/HE 3X20 SL BRIDGE 3X10 LUNGE 4X10 B	REST