

I liked this program because it offers you exercises to do on the “off” days that can help build muscle and strength, that can help improve your ability to run. If you’d rather walk, that’s fine too. Just pace yourself, give it a try, and do your best! Most important—have fun!

# 8 weeks to 5K

running program

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
week 1	1km walk (time yourself)	10 squats 10 calf raises	1km run (time yourself)	10 squats 10 calf raises	1km walk	10 squats 10 calf raises	rest
week 2	1km walk 10% off the original time	20 squats 20 calf raises	1km run 10% off the original time	20 squats 20 calf raises	1km walk 10% off the original time	20 squats 20 calf raises	rest
week 3	2km walk (time yourself)	30 squats 30 calf raises	2km run (time yourself)	30 squats 30 calf raises	2km walk	30 squats 30 calf raises	rest
week 4	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km run 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	rest
week 5	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	rest
week 6	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	rest
week 7	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	rest
week 8	3km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	4km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	5km run

1KM = .6213711922 Miles

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