

30 Day

Running to 5K

Challenge

DAY 1

(1 min running +
1.5 mins walking)
x 6 repeats
(Total 15 min)

DAY 2

(1 min running +
1.5 mins walking)
x 6 repeats
(Total 15 min)

DAY 3

(1.5 mins running +
2 mins walking)
x 5 repeats
(Total 17.5 min)

DAY 4

Rest Day with
yoga/stretching

DAY 5

(1.5 mins running +
2 mins walking)
x 5 repeats
(Total 17.5 min)

DAY 6

(2 mins running +
2 mins walking)
x 5 repeats
(Total 20 min)

DAY 7

(2 mins running +
2 mins walking)
x 5 repeats
(Total 20 min)

DAY 8

Rest Day with
yoga/stretching

DAY 9

(2.5 mins running +
2.5 mins walking)
x 4 repeats
(Total 20 min)

DAY 10

(2.5 min running +
2.5 mins walking)
x 4 repeats
(Total 20 min)

DAY 11

(3 mins running +
2 mins walking)
x 4 repeats
(Total 20 min)

DAY 12

Rest Day with
yoga/stretching

DAY 13

(3 mins running +
2 mins walking)
x 4 repeats
(Total 20 min)

DAY 14

(4 mins running +
3 mins walking)
x 3 repeats
(Total 21 min)

DAY 15

(4 mins running +
3 mins walking)
x 3 repeats
(Total 21 min)

DAY 16

Rest Day with
yoga/stretching

DAY 17

(5 mins running +
3 mins walking)
x 3 repeats
(Total 24 min)

DAY 18

(5 mins running +
3 mins walking)
x 3 repeats
(Total 24 min)

DAY 19

(7 mins running +
2 mins walking)
x 3 repeats
(Total 27 min)

DAY 20

Rest Day with
yoga/stretching

DAY 21

(7 mins running +
2 mins walking)
x 3 repeats
(Total 27 min)

DAY 22

(9 mins running +
2 mins walking)
x 3 repeats
(Total 33 min)

DAY 23

(10 mins running +
1 mins walking)
x 3 repeats
(Total 33 min)

DAY 24

Rest Day with
yoga/stretching

DAY 25

(15 mins running +
2 mins walking)
x 2 repeats
(Total 34 min)

DAY 26

(18 mins running +
1 mins walking)

DAY 27

25 mins running

DAY 28

30 mins running

DAY 29

Full Rest Day

DAY 30

Run 5K!