

# BEYOND 5K



## WEEK 1

### Day 1

Run 2 minutes  
Walk 2 minutes

Repeat 8 times

### Day 2

Run 2 minutes  
Walk 2 minutes

Repeat 8 times

### Day 3

Run 2 minutes  
Walk 2 minutes

Repeat 8 times

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# BEYOND 5K



## WEEK 2

### Day 1

Run 2 minutes  
Walk 2 minutes

Repeat 8 times

### Day 2

Run 2 minutes  
Walk 2 minutes

Repeat 9 times

### Day 3

Run 2 minutes  
Walk 2 minutes

Repeat 10 times

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## WEEK 3

### Day 1

Run 3 minutes  
Walk 2 minutes

Repeat 6 times

### Day 2

Run 3 minutes  
Walk 2 minutes

Repeat 6 times

### Day 3

Run 3 minutes  
Walk 2 minutes

Repeat 7 times

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## WEEK 4

### Day 1

Run 5 minutes  
Walk 3 minutes

Repeat 4 times

### Day 2

Run 5 minutes  
Walk 3 minutes

Repeat 4 times

### Day 3

Run 5 minutes  
Walk 3 minutes

Repeat 5 times

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## WEEK 5

### Day 1

Run 8 minutes  
Walk 3 minutes

Repeat 3 times

### Day 2

Run 8 minutes  
Walk 3 minutes

Repeat 3 times

### Day 3

Run 8 minutes  
Walk 3 minutes

Repeat 3 times

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## WEEK 6

### Day 1

Run 9 minutes  
Walk 3 minutes

Repeat 3 times

### Day 2

Run 9 minutes  
Walk 3 minutes

Repeat 3 times

### Day 3

Run 10 minutes  
Walk 3 minutes

Repeat 3 times

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## WEEK 7

### Day 1

Run 15 minutes  
Walk 5 minutes  
  
Repeat 2 times

### Day 2

Run 15 minutes  
Walk 5 minutes  
  
Repeat 2 times

### Day 3

Run 20 minutes  
Walk 5 minutes  
Run 15 minutes

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## WEEK 8

### Day 1

Run 20 minutes  
Walk 5 minutes  
Run 15 minutes

### Day 2

Run 18 minutes  
Walk 5 minutes  
Run 16 minutes

### Day 3

Run 18 minutes  
Walk 5 minutes  
Run 17 minutes

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## WEEK 9

### Day 1

Run 20 minutes  
Walk 2 minutes  
Run 20 minutes

### Day 2

Run 20 minutes  
Walk 2 minutes  
Run 22 minutes

### Day 3

Run 20 minutes  
Walk 3 minutes  
Run 25 minutes

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# BEYOND 5K



## WEEK 10

### Day 1

Run 8 minutes  
Walk 2 minutes

Repeat 4 times

### Day 2

Run 10 minutes  
Walk 2 minutes

Repeat 3 times

### Day 3

Run 10k

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