

NOW & GEN

# Health Challenge

YOUR 8-WEEK TRAINING PLAN TO RUNNING A 5K

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY








SATURDAY

SUNDAY








WEEK ONE

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>44 minutes</b> 10 minute warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ RPE <i>easy</i> 2 min @ 6 RPE Cool down 10 min @ 4 RPE *Walk on recovery & warmup/cool down		<b>30 minutes</b> Core Strength or Yoga	<b>34 minutes</b> 5 minute warm up @ 4 RPE Repeat 6x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 3 min @ 6 RPE 5 min cool down @ 4 RPE *Walk on recovery & warmup/cool down	







WEEK TWO

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>20 minutes</b> <b>Stair climber</b> (or your stairs at home!)		<b>30 minutes</b> Core Strength or Yoga	<b>44 minutes</b> 10 minute warm up @ 4 RPE Repeat 8x <i>hard</i> 1 min @ RPE <i>easy</i> 2 min @ 6 RPE Cool down 10 min @ 4 RPE *Walk on recovery & warmup/cool down	

WEEK THREE

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>50 minutes</b> <b>2 min Hill Repeats</b> 10 minute warm up @ 4 RPE Repeat 6 x <i>hard</i> 2 min hill/incline <i>easy</i> 3 minute recovery 10 minute cool down @ 4 RPE		<b>30 minutes</b> Core Strength or Yoga	<b>39 minutes</b> 10 minute warm up @ 4 RPE Repeat 6x <i>hard</i> 1 min @ RPE <i>easy</i> 2 min @ 6 RPE Cool down 5 min @ 4 RPE *Walk on recovery & warmup/cool down	

WEEK FOUR

 <b>CARDIO</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY</b>	 <b>STRENGTH</b>	 <b>CARDIO</b>	 <b>RECOVERY &amp; REWARD</b>
<b>23 minutes</b> 8 min warm up @ 4 RPE Repeat 5x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE 5 min cool down @ 4 RPE	<b>30 minutes</b> Core Strength or Yoga	<b>54 minutes</b> 15 minute warm up @ 4 RPE Repeat 1x <i>hard</i> 3 min @ 8 RPE <i>easy</i> 3 min @ 5 RPE Repeat 1x <i>hard</i> 2 min @ 9 RPE <i>easy</i> 2 min @ 6 RPE Repeat 1x <i>hard</i> 1 min @ 9 RPE <i>easy</i> 1 min @ 6 RPE Repeat 1x <i>hard</i> 3 min @ 8 RPE <i>easy</i> 3 min @ 5 RPE Repeat 1x <i>hard</i> 2 min @ 9 RPE <i>easy</i> 2 min @ 5 RPE Repeat 1x <i>hard</i> 1 min @ 10 RPE <i>easy</i> 1 min @ 6 RPE 15 min cool down @ 4 RPE		<b>30 minutes</b> Core Strength or Yoga	<b>50 minutes</b> 15 min warm up @ 5 RPE Repeat 5x <i>hard</i> 1 min @ 8 RPE <i>easy</i> 1 min @ 6 RPE 10 min cool down @ 4 RPE	