

8
weeks
to **5K**

8
weeks
to

5K

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DAY 1

2 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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10 calf raises



10 squat



10-count hold

DAY 2

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 3

2 minute run
2 minute walk
3 sets in total

8 weeks to 5K

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10 shoulder taps



5 push-ups



10-count hold

DAY 4

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 5

2 minute run
1 minute walk
3 sets in total

8 weeks to 5K

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10 calf raises



10 lunges



10 side-to-side lunges

DAY 6

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 7

5 minute run
5 minute walk
3 sets in total

8
weeks
to

5K

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DAY 8

3 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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11 calf raises



11 squat



11-count hold

DAY 9

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 10

3 minute run
2 minute walk
3 sets in total

8 weeks to 5K

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10 shoulder taps



5 push-ups



10 reverse angels

DAY 11

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 12

3 minute run
1 minute walk
3 sets in total

8 weeks to 5K

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10 calf raises



10-count hold



10 side-to-side lunges

DAY 13

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 14

7 minute run
5 minute walk
2 sets in total

8
weeks
to **5K**

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DAY 15

4 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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12 calf raises



12 squat



12-count hold

DAY 16

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 17

4 minute run
2 minute walk
3 sets in total

8 weeks to 5K

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12 shoulder taps



6 push-ups



12-count hold

DAY 18

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 19

4 minute run
1 minute walk
3 sets in total

8 weeks to 5K

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12 calf raises



12 lunges



12 side-to-side lunges

DAY 20

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 21

10 minute run
5 minute walk
2 sets in total

8
weeks
to

5K

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DAY 22

5 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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13 calf raises



13 squat



13-count hold

DAY 23

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 24

5 minute run
2 minute walk
3 sets in total

8 weeks to 5K

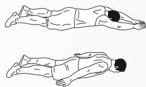
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12 shoulder taps



6 push-ups



12 reverse angels

DAY 25

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 26

5 minute run
1 minute walk
3 sets in total

8 weeks to 5K

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12 calf raises



12-count hold



12 side-to-side lunges

DAY 27

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 28

15 minute run
in one go
non-stop

8
weeks
to

5K

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DAY 29

6 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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14 calf raises



14 squat



14-count hold

DAY 30

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 31

6 minute run
2 minute walk
3 sets in total

8 weeks to 5K

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14 shoulder taps



7 push-ups



14-count hold

DAY 32

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 33

6 minute run
1 minute walk
3 sets in total

8 weeks to 5K

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14 calf raises



14 lunges



14 side-to-side lunges

DAY 34

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 35

10 minute run
2 minute walk
2 sets in total

8
weeks
to **5K**

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DAY 36

7 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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15 calf raises



15 squat



15-count hold

DAY 37

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 38

7 minute run
2 minute walk
3 sets in total

8 weeks to 5K

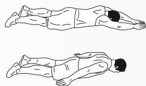
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14 shoulder taps



7 push-ups



14 reverse angels

DAY 39

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 40

7 minute run
1 minute walk
3 sets in total

8 weeks to 5K

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14 calf raises



14-count hold



14 side-to-side lunges

DAY 41

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 42

25 minute run
in one go
non-stop

8
weeks
to

5K

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DAY 43

8 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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16 calf raises



16 squat



16-count hold

DAY 44

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 45

8 minute run
2 minute walk
3 sets in total

8 weeks to 5K

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16 shoulder taps



8 push-ups



16-count hold

DAY 46

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 47

9 minute run
1 minute walk
3 sets in total

8 weeks to 5K

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16 calf raises



16 lunges



16 side-to-side lunges

DAY 48

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 49

15 minute run

1 minute walk

2 sets in total

8
weeks
to **5K**

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DAY 50

10 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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17 calf raises



17 squat



17-count hold

DAY 51

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to **5K**

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DAY 52

10 minute run
2 minute walk
3 sets in total

8 weeks to 5K

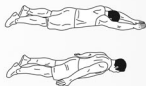
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16 shoulder taps



8 push-ups



16 reverse angels

DAY 53

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 54

15 minute run
2 minute walk
2 sets in total

8 weeks to 5K

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16 calf raises



16-count hold



16 side-to-side lunges

DAY 55

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest
between sets

8
weeks
to

5K

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DAY 56

30-35 minute run
in one go
run 5K