

# 20x5

RUNNING PROGRAM



*20 minute run  
5 times a week*

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1 20 minute run	2 20 minute run	3 ab workout	4 20 minute run	5 20 minute run
6 ab workout	7 20 minute run	8 20 minute run	9 20 minute run	10 ab workout
11 20 minute run	12 20 minute run	13 ab workout	14 20 minute run	15 20 minute run
16 20 minute run	17 ab workout	18 20 minute run	19 20 minute run	20 ab workout
21 20 minute run	22 20 minute run	23 20 minute run	24 ab workout	25 20 minute run
26 20 minute run	27 ab workout	28 20 minute run	29 20 minute run	30 20 minute run