

a different

5K

BY DAREBEE
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5k RACE
beat your best time



1

3k easy pace
5 x 200m sprints
200m walk after sprint



2

5k run
increase speed every 1K
sprint last 400m



3

5k easy pace
10 push-ups
every 500m or every 1K



4

5k easy pace
20 squats
every 500m or every 1K



5

5k easy pace
with **wrist weights**
up to 1kg



6

500m easy pace
500m fast pace
repeat 5 times in total



7

900m run
100m sprint
repeat 5 times in total



8

5k easy pace
increase incline every 1K
optional last 400m sprint



9