



OFFICIAL TRAINING PROGRAM

PRESENTED BY



5K SCHEDULE – 12 WEEK PROGRAM

WEEK	DATE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
1	01/20-01/26	0.5	0.5	OFF	0.5	OFF	0.5	OFF	2
2	01/27-02/02	0.5	1	OFF	0.5	OFF	1	OFF	3
3	02/03-02/09	1	0.5	OFF	1	OFF	1	OFF	3.5
4	02/10-02/16	1	1	OFF	1	OFF	2	OFF	5
5	02/17-02/23	1	2	OFF	1	OFF	2	OFF	6
6	02/24-03/02	1	2	OFF	2	OFF	2	OFF	7
7	03/03-03/09	2	2	OFF	2	OFF	2	OFF	8
8	03/10-03/16	2	2	OFF	2	OFF	3	OFF	9
9	03/17-03/23	2	2	OFF	2	OFF	3	OFF	9
10	03/24-03/30	2	2	OFF	3	OFF	4	OFF	11
11	03/31-04/06	2	2	OFF	1	OFF	2	OFF	7
12	04/07-04/13	1	1	OFF	1	OFF	3.1	OFF	6.1
								TOTAL	76.6

PLEASE CONSULT WITH A PHYSICIAN BEFORE BEGINNING THIS OR ANY OTHER FITNESS PROGRAM.

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