5k Run Program

Week 1

Day 1
200M run
10 lunges
Rest 2:00
Repeat X5

Day 2
400m run
Rest 1:00
Repeat X4

Day 3
10 rounds
7 air squats
7 push ups
As fast as possible

Week 2
Day 1
200M run
10 air squats
Rest 1:30
Repeat X5

Day 2
50 push ups
50 squats
800M run
Rest 2:00
Repeat X2

Day 3
10 minute run
40 lunges
Rest 2:00
Repeat X2

Week 3

Day 1
12 minute run
20 burpees
Repeat X2

Day 2
10 minute as many rounds as possible

5 air squats
5 broad jumps
Then run 1 mile (1600M)

Day 3
2 mile jog not for speed

Week 4

Day 1
24 minute light jog

Day 2
12 minute as many rounds as possible
5 burpee broad jumps
10 lunges
15 air squats
Then 400M sprint

Day 3
26 minute easy pace run

Week 5

Day 1
8 minute hard run
Rest 2:00
Repeat X2

Day 2
4 rounds of
400m run
20 lunges

Day 3
20 hollow rocks
20 air squats
200M run
Repeat X5

Week 6

Day 1
5k time trial

Day 2
30 minute light jog