

**8 weeks to 5K**

# 8 weeks to 5K

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**DAY 1**

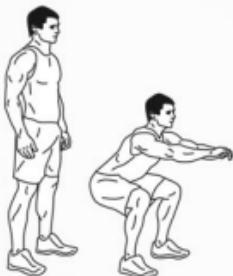
2 minute run  
2 minute walk  
**2 sets** in total

# 8 weeks to 5K

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10 calf raises



10 squat



10-count hold

## DAY 2

Level I 3 sets

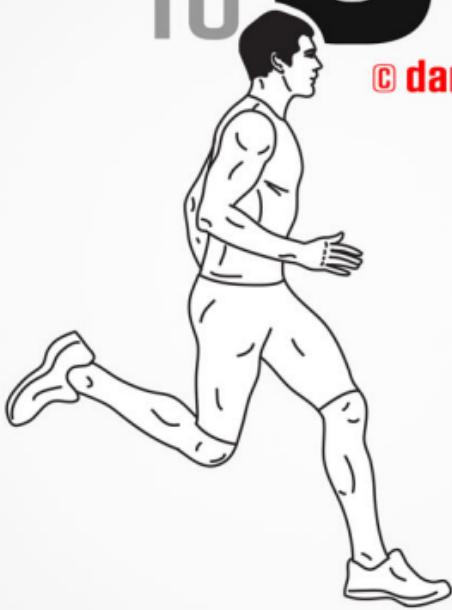
Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets

# 8 weeks to 5K

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**DAY 3**

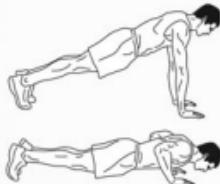
2 minute run  
2 minute walk  
**3 sets** in total

# 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

Level I 3 sets

Level II 4 sets

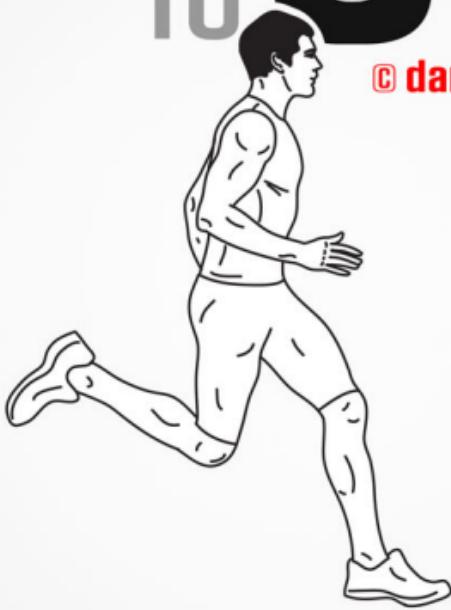
Level III 5 sets

2 minutes rest  
between sets

## DAY 6

# 8 weeks to 5K

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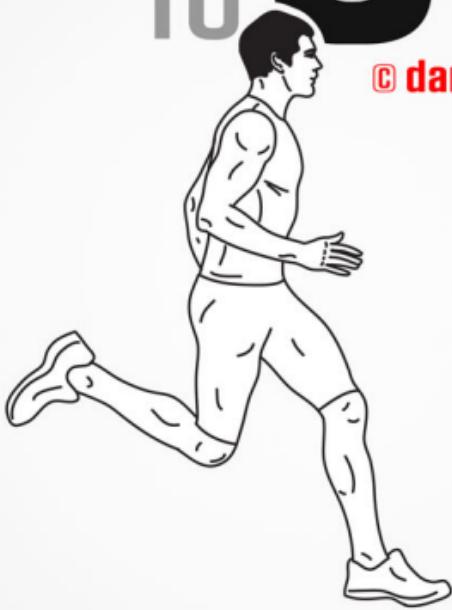


**DAY 7**

5 minute run  
5 minute walk  
**3 sets** in total

# 8 weeks to 5K

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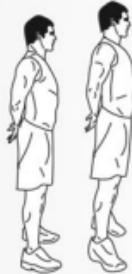


**DAY 8**

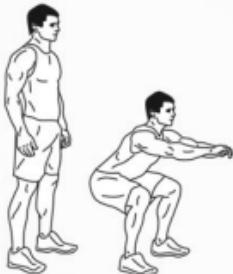
3 minute run  
2 minute walk  
**2 sets** in total

# 8 weeks to 5K

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11 calf raises



11 squat



11-count hold

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest  
between sets

## DAY 9

# 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

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**DAY 12**

3 minute run  
1 minute walk  
**3 sets** in total

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10 calf raises



10-count hold



10 side-to-side lunges

**DAY 13**

**Level I** 3 sets

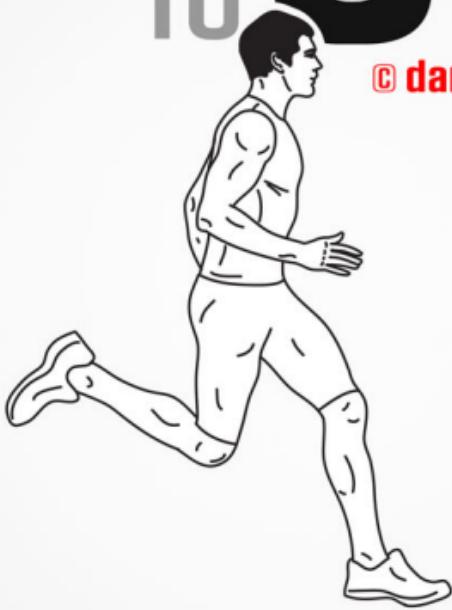
**Level II** 4 sets

**Level III** 5 sets

2 minutes rest  
between sets

# 8 weeks to 5K

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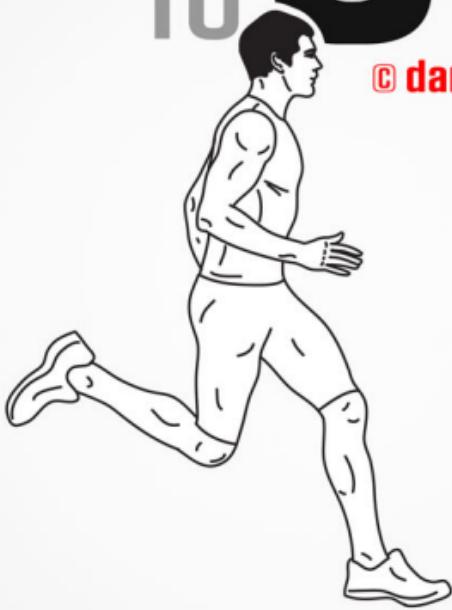


**DAY 14**

7 minute run  
5 minute walk  
**2 sets** in total

# 8 weeks to 5K

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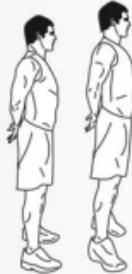


**DAY 15**

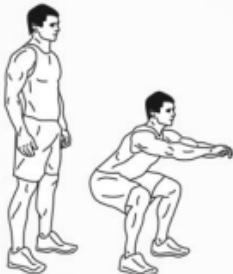
4 minute run  
2 minute walk  
**2 sets** in total

# 8 weeks to 5K

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12 calf raises



12 squat



12-count hold

## DAY 16

Level I 3 sets

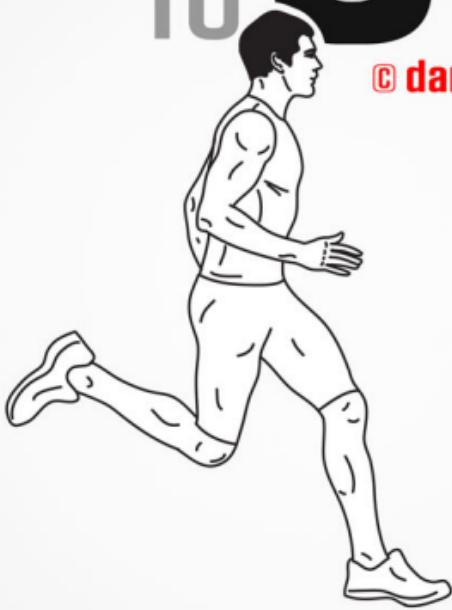
Level II 4 sets

Level III 5 sets

2 minutes rest  
between sets

# 8 weeks to 5K

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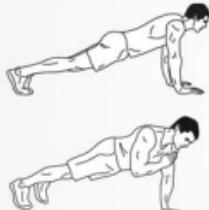


**DAY 17**

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

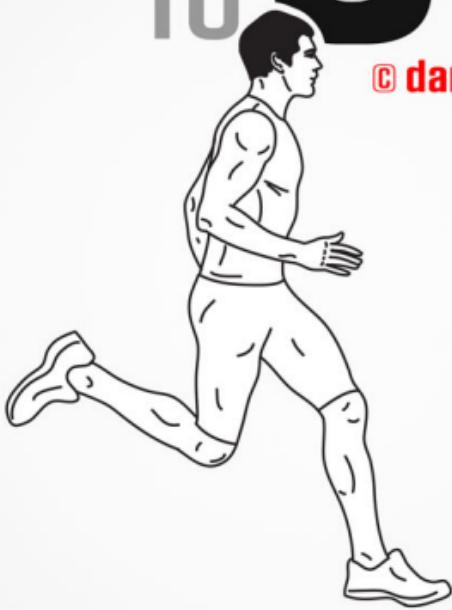
Level II 4 sets

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

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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**

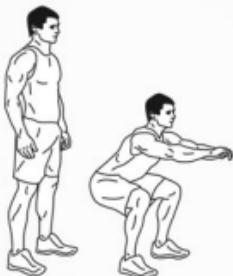
5 minute run  
2 minute walk  
**2 sets** in total

# 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

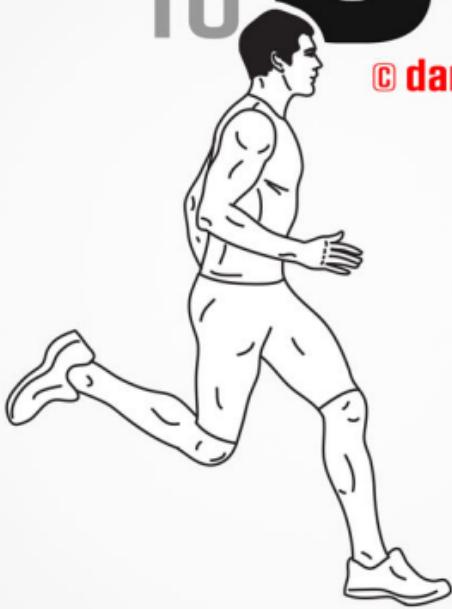
**Level II** 4 sets

**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**

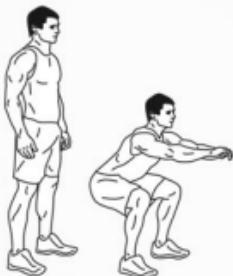
6 minute run  
2 minute walk  
**2 sets** in total

# 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

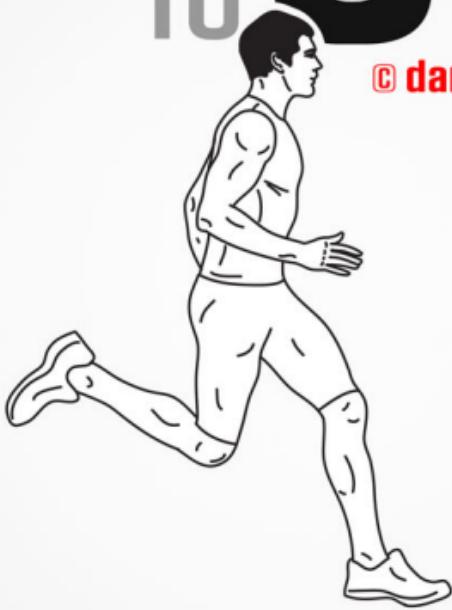
**Level II** 4 sets

**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

© darebee.com



14 calf raises



14 lunges



14 side-to-side lunges

**Level I** 3 sets

**Level II** 4 sets

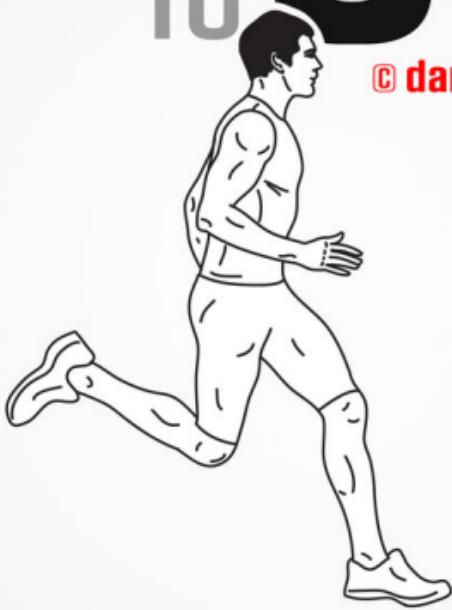
**Level III** 5 sets

2 minutes rest  
between sets

## DAY 34

# 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**

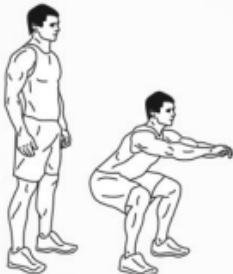
7 minute run  
2 minute walk  
**2 sets** in total

# 8 weeks to 5K

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15 calf raises



15 squat



15-count hold

**DAY 37**

**Level I** 3 sets

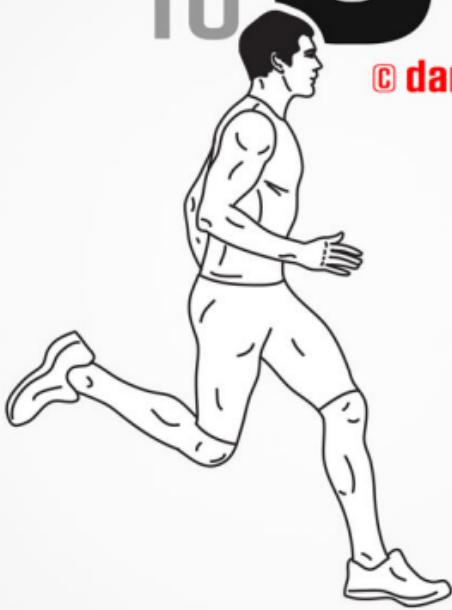
**Level II** 4 sets

**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

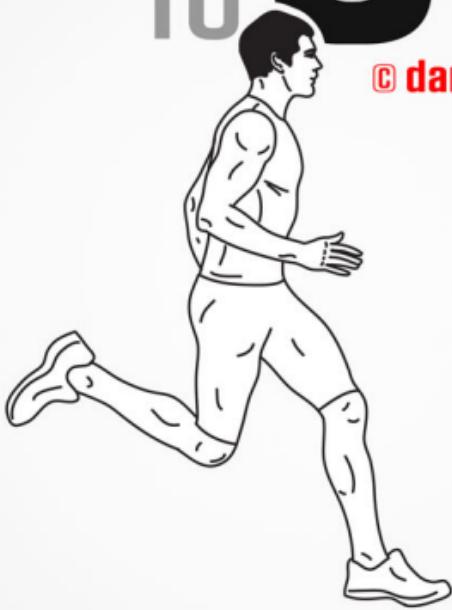
**Level II** 4 sets

**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

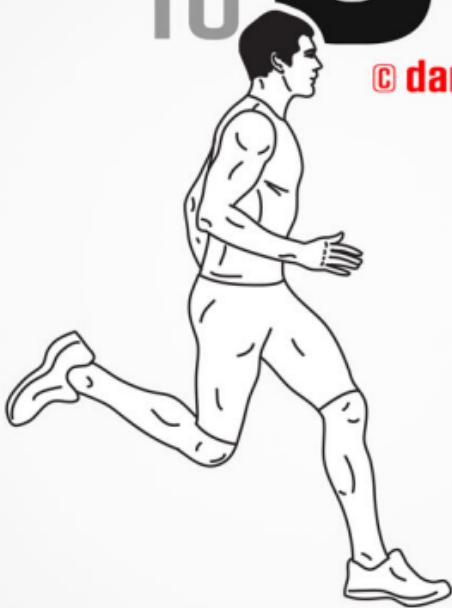
**Level II** 4 sets

**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**

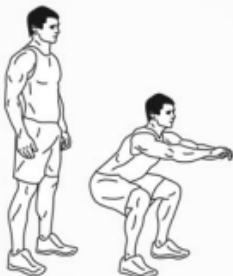
8 minute run  
2 minute walk  
**2 sets** in total

# 8 weeks to 5K

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**16** calf raises



**16** squat



**16-count** hold

**Level I** 3 sets

**Level II** 4 sets

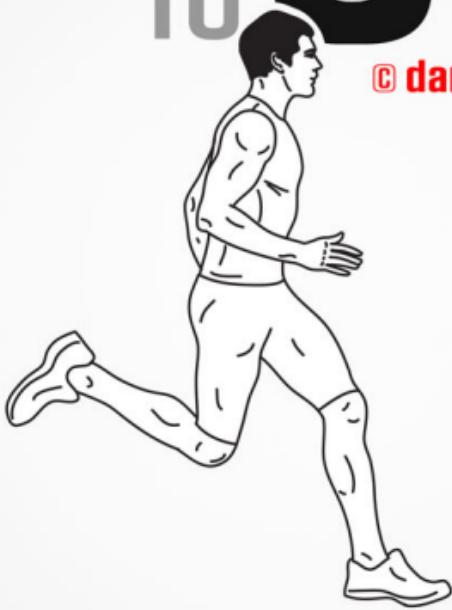
**Level III** 5 sets

2 minutes rest  
between sets

## DAY 44

# 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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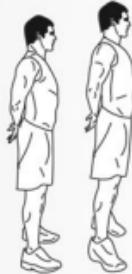


**DAY 50**

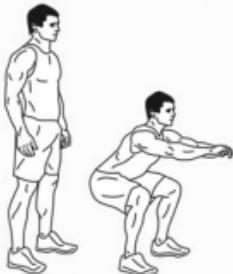
10 minute run  
2 minute walk  
**2 sets** in total

# 8 weeks to 5K

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17 calf raises



17 squat

17-count hold

**DAY 51**

**Level I** 3 sets

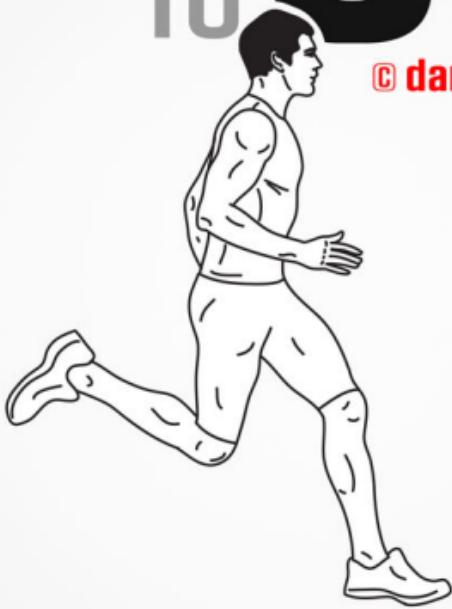
**Level II** 4 sets

**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

© darebee.com



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

© darebee.com



**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

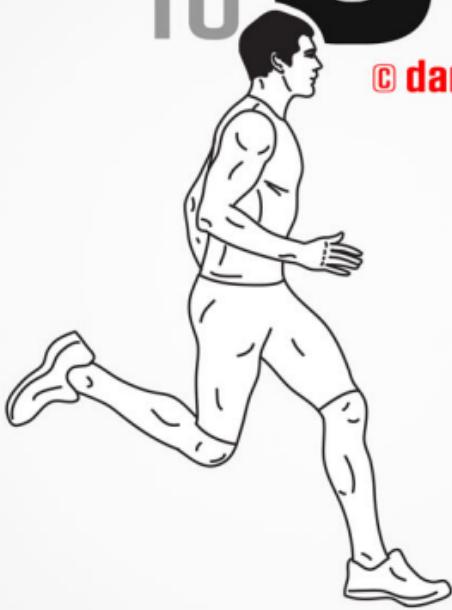
Level II 4 sets

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**