



# 28 DAY 5K TRAINING CHALLENGE

<p><b>1</b></p> <p>Run one mile. Walk quarter of a mile to cool down.</p>	<p><b>2</b></p> <p>Run one mile and walk a quarter mile to cool down.</p>	<p><b>3</b></p> <p>Run 1.25 miles. Walk half a mile to cool down.</p>	<p><b>4</b></p> <p>Walk or Run 1.50 miles</p>	<p><b>5</b></p> <p>Rest</p>
<p><b>6</b></p> <p>Run 1.50 miles walk quarter of a mile to cool down.</p>	<p><b>7</b></p> <p>Run 1.50 miles. Walk quarter of a mile to cool down.</p>	<p><b>8</b></p> <p>Run 1.50 miles walk quarter of a mile to cool down</p>	<p><b>9</b></p> <p>Run 1.50 miles walk quarter of a mile to cool down.</p>	<p><b>10</b></p> <p>Run 1.75 miles and walk half a mile to cool down.</p>
<p><b>11</b></p> <p>Walk or Run 2 miles.</p>	<p><b>12</b></p> <p>Rest</p>	<p><b>13</b></p> <p>Run 1.75 miles walk quarter of a mile to cool down.</p>	<p><b>14</b></p> <p>Run 2 miles. Walk quarter of a mile to cool down.</p>	<p><b>15</b></p> <p>Run 2 miles. Walk quarter of a mile to cool down</p>
<p><b>16</b></p> <p>Run 2 miles walk quarter of a mile to cool down.</p>	<p><b>17</b></p> <p>Run 2.25 miles. Walk quarter of a mile to cool down.</p>	<p><b>18</b></p> <p>Walk or Run 2.5 miles</p>	<p><b>19</b></p> <p>Rest</p>	<p><b>20</b></p> <p>Run 2.50 miles walk quarter of a mile to cool down.</p>
<p><b>21</b></p> <p>Run 2.50 miles. Walk quarter of a mile to cool down</p>	<p><b>22</b></p> <p>Run 2.50 miles. Walk quarter of a mile to cool down</p>	<p><b>23</b></p> <p>Run 2.50 miles. Walk quarter of a mile to cool down.</p>	<p><b>24</b></p> <p>Run 2.75 miles. Walk quarter of a mile to cool down.</p>	<p><b>25</b></p> <p>Walk or Run 3 Miles</p>
<p><b>26</b></p> <p>Rest</p>	<p><b>27</b></p> <p>Run 2.75 miles. Walk quarter of a mile to cool down.</p>	<p><b>28</b></p> <p>5K Day!</p>	<p>Always warm up for 5 minutes before working out. Cool down and stretch after every workout.</p>	