

# PRO 5K TRAINING GUIDE

Your daily program to help you train for a 5k walk/run! You will get stronger, build endurance and increase your self confidence. Make sure to read more about this program in our Hy-Vee KidsFit Blog along the way!

|               | MON  | TUES  | WED             | THURS   | FRI  | SAT   | SUN   |
|---------------|--|---|-----------------|---|--|---|---|
| <b>WEEK 1</b> | <b>5 MINUTES:</b><br>10 Toe Touches<br>10 Scorpions<br><i>Reference:</i><br>Week 1 Stretch 1                           | <b>3 ROUNDS:</b><br>Run 1 Min.<br>Walk 2 Min. | <b>REST DAY</b> | <b>3 ROUNDS:</b><br>Run 1 Min.<br>Walk 2 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Relay Races                       | 12 Min.<br>Walk/Jog   | <b>REST DAY</b>   |
| <b>WEEK 2</b> | <b>3 SETS:</b><br>30 Sec.<br>Hamstrings<br>30 Sec. Calf<br>Stretch<br><i>Reference:</i><br>Week 1 Stretch 2            | <b>3 ROUNDS:</b><br>Run 2 Min.<br>Walk 2 Min. | <b>REST DAY</b> | <b>3 ROUNDS:</b><br>Run 2 Min.<br>Walk 2 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Tabata<br>Together                | 14 Min.<br>Walk/Jog   | <b>REST DAY</b>   |
| <b>WEEK 3</b> | <b>5 MINUTES:</b><br>20 High Knees<br>20 Inch Worms<br><i>Reference:</i><br>Week 1 Stretch 3                           | <b>4 ROUNDS:</b><br>Run 2 Min.<br>Walk 2 Min. | <b>REST DAY</b> | <b>4 ROUNDS:</b><br>Run 2 Min.<br>Walk 2 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Plan & pack a<br>family picnic!   | 16 Min.<br>Walk/Jog   | <b>REST DAY</b>   |
| <b>WEEK 4</b> | <b>3 SETS:</b><br>30 Sec.<br>Mt. Climbers<br>30 Sec.<br>Butterfly Stretch<br><i>Reference:</i><br>Week 1 Stretch 4     | <b>4 ROUNDS:</b><br>Run 3 Min.<br>Walk 1 Min. | <b>REST DAY</b> | <b>4 ROUNDS:</b><br>Run 3 Min.<br>Walk 1 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Ride your bike<br>to stay active! | 18 Min.<br>Walk/Jog   | <b>REST DAY</b>   |
| <b>WEEK 5</b> | <b>3 SETS:</b><br>10 T-Walk<br>10 Calf Raises<br>10 Walking<br>Quad Stretches<br><i>Reference:</i><br>Week 1 Stretch 5 | <b>4 ROUNDS:</b><br>Run 4 Min.<br>Walk 1 Min. | <b>REST DAY</b> | <b>4 ROUNDS:</b><br>Run 4 Min.<br>Walk 1 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Scavenger Hunt                    | 20 Min.<br>Walk/Jog   | <b>REST DAY</b>   |
| <b>WEEK 6</b> | <b>5 MINUTES:</b><br>10 Toe Touches<br>10 Scorpions<br><i>Reference:</i><br>Week 1 Stretch 1                           | <b>4 ROUNDS:</b><br>Run 5 Min.<br>Walk 1 Min. | <b>REST DAY</b> | <b>4 ROUNDS:</b><br>Run 5 Min.<br>Walk 1 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Done in 60<br>Seconds!            | 22 Min.<br>Walk/Jog   | <b>REST DAY</b>   |
| <b>WEEK 7</b> | <b>3 SETS:</b><br>30 Sec.<br>Hamstrings<br>30 Sec. Calf<br>Stretch<br><i>Reference:</i><br>Week 1 Stretch 2            | <b>4 ROUNDS:</b><br>Run 6 Min.<br>Walk 1 Min. | <b>REST DAY</b> | <b>4 ROUNDS:</b><br>Run 6 Min.<br>Walk 1 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Capture the<br>Flag               | 24 Min.<br>Walk/Jog   | <b>REST DAY</b>   |
| <b>WEEK 8</b> | <b>5 MINUTES:</b><br>20 High Knees<br>20 Inch Worms<br><i>Reference:</i><br>Week 1 Stretch 3                           | <b>3 ROUNDS:</b><br>Run 7 Min.<br>Walk 2 Min. | <b>REST DAY</b> | <b>2 ROUNDS:</b><br>Run 7 Min.<br>Walk 1 Min. | <b>ON THE BLOG:</b><br>Fit Activity<br>Hot Lava Game                     | <b>RACE DAY!</b><br>5k (3.1 Miles)<br>TIME:<br>Min. _____<br>Sec. _____ | <b>You DID IT!</b><br>NEW<br>Challenges<br>available.<br>Sign up today! |