

BPFC DESK TO 5K MODERATE* PROGRAM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Mile time trial*		Run 3 - 4 mins. Walk 1 - 2 mins. Repeat until you hit 25 minutes.		Cross train: bike or walk	Run 3 - 4 mins. Walk 1 - 2 mins. Repeat until you hit 25 minutes.	Rest and stretch
2	Run 3 - 5 mins. Walk 1 - 2 mins. Repeat until you hit 25 minutes.	Strength train	Run 4 - 6 mins. Walk 1 - 2 mins. Repeat until you hit 25 minutes.	Rest and stretch	Cross train: bike or walk 20 mins.	Run 4 - 6 mins. Walk 1 - 3 mins. Repeat until you hit 25 minutes.	Rest and stretch
3	Run 6 - 9 mins. Walk 1 - 3 mins. Repeat until you hit 30 minutes.	Full body strength training: towel workout	Run 6 - 9 mins. Walk 1 - 3 mins. Repeat until you hit 30 minutes.	Rest and stretch	Cross train: bike or walk 20 mins.	Run 8 - 10 mins. Walk 1 - 3 mins. Repeat until you hit 30 minutes.	Rest and stretch
4	Run 8 - 11 mins. Walk 2 - 4 mins. Repeat until you hit 30 minutes.	Strength train: bodyweight work	Run 9 - 12 mins. Walk 2 - 4 mins. Repeat until you hit 30 minutes.	Rest and stretch	Cross train: bike or walk 30 mins.	Run 11 - 13 mins. Walk 2 - 4 mins. Repeat until you hit 35 minutes.	Rest and stretch
5	Run 11 - 14 mins. Walk 3 - 5 mins. Repeat until you hit 35 minutes.	Strength train: bodyweight work	Run 12 - 14 mins. Walk 3 - 5 mins. Repeat until you hit 35 minutes.	Rest and stretch	Cross train: bike or walk 30 mins.	Run 13 - 16 mins. Walk 3-5 mins. Repeat until you hit 35 minutes.	Rest and stretch
6	Run 15 - 18 mins. Walk 1 - 2 mins. Repeat until you hit 35 minutes.	Rest and stretch	Cross train: strength work, bike or walk 40 mins.	Rest and stretch		5K Race or time trial on own!	Rest and stretch

*Day 1 for all levels is a mile time trial.

If you take between 10 - 14 minutes to run the mile, you will be in the level Moderate *