

## BPFC DESK TO 5K ADVANCED\* PROGRAM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Mile time trial*		Run 4 - 5 mins. Walk 1 - 2 mins. Repeat until you hit 30 minutes		Cross train: bike or walk 25 minutes	Run 4 - 5 mins. Walk 1 - 2 mins. Repeat until you hit 30 minutes.	Rest and stretch
2	Run 4 - 6 mins. Walk 1 - 2 mins. Repeat until you hit 30 minutes.	Strength train	Run 5 - 7 mins. Walk 1 - 2 mins. Repeat until you hit 30 minutes.	Rest and stretch	Cross train: bike or walk 25 mins.	Run 5 - 7 mins. Walk 1 - 3 mins. Repeat until you hit 30 minutes.	Rest and stretch
3	Run 8 - 10 mins. Walk 1 - 3 mins. Repeat until you hit 35 minutes.	Full body strength training: towel workout	Run 8 - 10 mins. Walk 1 - 3 mins. Repeat until you hit 35 minutes.	Rest and stretch	Cross train: bike or walk 30 mins.	Run 8 - 11 mins. Walk 1 - 3 mins. Repeat until you hit 35 minutes.	Rest and stretch
4	Run 9 - 12 mins. Walk 2 - 4 mins. Repeat until you hit 35 minutes.	Strength train: bodyweight work	Run 10 - 13 mins. Walk 2 - 4 mins. Repeat until you hit 35 minutes.	Rest and stretch	Cross train: bike or walk 30 mins.	Run 11 - 14 mins. Walk 2 - 4 mins. Repeat until you hit 35 minutes.	Rest and stretch
5	Run 12 - 14 mins. Walk 3 - 5 mins. Repeat until you hit 40 minutes.	Strength train: bodyweight work	Run 13 - 15 mins. Walk 3 - 5 mins. Repeat until you hit 40 minutes.	Rest and stretch	Cross train: bike or walk 35 mins.	Run 14 - 16 mins. Walk 3-5 mins. Repeat until you hit 40 minutes.	Rest and stretch
6	Run 15 - 18 mins. Walk 1 - 2 mins. Repeat until you hit 40 minutes.	Rest and stretch	Cross train: strength work, bike or walk 45 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 completed the mile in less than 10 minutes, you will be in the level: Advanced \*