



30-Days to 5K Challenge: January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
—	—	—	1 X-train >20 min	2 .5 mile	3 Rest	4 1 mile
5 X-train >20 min	6 Rest Stretch Weights	7 1 mile	8 Rest Stretch Weights	9 1 mile	10 Rest	11 2 mile
12 X-train >30 min	13 Rest Stretch Weights	14 1.5 mile	15 Rest Stretch Weights	16 1.5 mile	17 Rest	18 2.5 mile
19 X-train >40 min	20 Rest Stretch Weights	21 2 mile	22 Rest Stretch Weights	23 2 mile	24 Rest	25 3 mile
26 X-train >50 min	27 Rest Stretch Weights	28 2 mile	29 Rest Stretch Weights	30 1.5 mile	31 Rest	1 30 Day Challenge 5K RACE Virtual or Local

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/30daychallengeseries