

# 30-Days to 5K Training Plan Tracker

From the 30-Day Challenge Series, *Eat. Drink & be Skinny!*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 4 <sup>th</sup> 5K RACE Notes:_____	<i>"The first step can be the hardest."</i>	1 Walk/RUN 1 Mile Notes:_____	2 X-Train >20 min	3 Rest Stretch Weights X-Train	4 Walk/RUN 1 Mile Notes:_____	5 Rest Stretch Weights X-Train
6 Walk/RUN 1 Mile Notes:_____	7 Rest	8 Walk/RUN 2 Miles Notes:_____	9 X-Train >30 min	10 Rest Stretch Weights X-Train	11 Walk/RUN 1.5 Miles Notes:_____	12 Rest Stretch Weights X-Train
13 Walk/RUN 1.5 Miles Notes:_____	14 Rest	15 Walk/RUN 2.5 Miles Notes:_____	16 X-Train >40 min	17 Rest Stretch Weights X-Train	18 Walk/RUN 2 Miles Notes:_____	19 Rest Stretch Weights X-Train
20 Walk/RUN 2 Miles Notes:_____	21 Rest	22 Walk/RUN 2 Miles Notes:_____	23 X-Train >50 min	24 Rest Stretch Weights X-Train	25 Walk/RUN 3 Miles Notes:_____	26 Rest Stretch Weights X-Train
27 Walk/RUN 2 Miles Notes:_____	28 Rest	29 Walk/RUN 1.5 Miles Notes:_____	30 X-Train >40 min	1 Walk/RUN 1 Mile Notes:_____	2 Rest Stretch X-Train	3 Rest

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