



Wellbeats™

TRAIN YOUR WAY TO A 5K WORK OUT PLAN

Training for a 5K? New to running? With this workout plan, Olympian runner Carrie Tollefson will coach you step-by-step through running (or walking) workouts whether on the treadmill or outdoors. Balance out your cardio progression with additional strength training, yoga, and recovery options each week. This plan is designed to build your endurance, strength, and best of all... get you prepared and ready to take on a 5K!

Optional Equipment



What's Next

- For improved mobility and range of motion, try the INCREASE FLEXIBILITY PLAN.
- To prepare your muscles for longer, powerful rides, try the BUILD STRENGTH PLAN.
- To get lean and shed extra pounds, try the LOSE WEIGHT plan.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Strides Tutorial 5 min AND Run at Red Rocks 30 min	Strides One Minuters 30 min	REST OR Definitions The Body Factor 20 min	Strides The Progression Five 20 min	REST OR Fusion Yoga Stretch 20 min	Strides Run in Death Valley 1 30 min	REST OR Kinetics Bodyweight BASIC 20 min
WEEK 2	Strides Run in Death Valley 2 30 min	Strides 3 and 2's 30 min	REST OR Definitions Hit It Strong 20 min	Strides Out & Back 30 min	REST OR Fusion Yoga BASIC 20 min	Strides Run at Red Rocks, NV 30 min	REST OR eXpress Rock Your Core 20 min
WEEK 3	Strides Run in Death Valley 1 30 min	Strides Hills For Days 30 min	REST OR Definitions BYOB 20 min	Strides 3 and 2's 30 min	REST OR Fusion Fusion BASIC 20 min	Strides The Progression Five 30 min	REST OR Kinetics The Matrix 20 min
WEEK 4	Strides Run in Death Valley 2 30 min	Strides Up and Down the Ladder 30 min	REST OR Definitions The Body Factor 20 min	Strides 2 & 1's 20 min	REST OR Fusion Yoga BASIC 20 min	Strides Run at Red Rocks, NV 30 min	REST OR Kinetics Bodyweight BASIC 20 min
WEEK 5	Strides Run in Death Valley 1 30 min	Strides High Fiver 20 min	REST OR Definitions Hit It Strong 20 min	Strides One Minuters 30 min	REST OR Fusion Yoga Stretch 20 min	Race Day Give it your all!	Share your 5K journey with us! #wellbeats   