



Need a boost to get started?

5K My Way, 30-Day Running Program

YMCA OF BUCKS COUNTY

DAY 1 30 secs jog x6 repeats 30 secs walk 3x30 secs static planks	DAY 2 30 secs jog x10 repeats 30 secs walk 3x30 secs static bridge holds	DAY 3 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 4 45 secs jog x6 repeats 45 secs walk 3x30 secs static planks	DAY 5 45 secs jog x10 repeats 45 secs walk 3x30 secs static bridge holds	DAY 6 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 7 1 min jog x6 repeats 1 min walk 3x30 secs static planks	DAY 8 1 min jog x10 repeats 1 min walk 3x30 secs static bridge holds	DAY 9 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 10 90 secs jog x6 repeats 1 min walk 3x30 secs static planks
DAY 11 90 secs jog x10 repeats 1 min walk 3x30 secs static bridge holds	DAY 12 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 13 2 mins jog x5 repeats 1 min walk 3x30 secs static planks	DAY 14 2 mins jog x8 repeats 1 min walk 3x30 secs static bridge holds	DAY 15 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 16 3 mins jog 2 mins walk x5 repeats 3x30 secs static planks	DAY 17 5 mins jog 2 mins walk x4 repeats 3x30 secs static bridge holds	DAY 18 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 19 7 mins jog 2 mins walk x3 repeats 3x30 secs static planks	DAY 20 9 mins jog 2 mins walk x3 repeats 3x30 secs static bridge holds
DAY 21 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 22 11 mins jog 5 mins walk x2 repeats 3x30 secs static planks	DAY 23 6 mins jog 1 min walk x4 repeats 3x30 secs static static bridge hold	DAY 24 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 25 20-22 mins jog 3x30 secs static planks	DAY 26 24-26 mins jog 3x30 secs static bridge holds	DAY 27 REST DAY PILATES/ STRETCH/ YOGA/ SWIM/BIKE Join Y Wellness 24/7 or visit your local YMCA branch	DAY 28 24-26 mins jog 3x30 secs static planks	DAY 29 FULL REST DAY	DAY 30 30 mins jog 3x30 secs static bridge holds