

Need a boost to get started?

5K My Way, 30-Day Running Program YMCA OF BUCKS COUNTY

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