



Wellbeats™

Train Your Way to a 5K Challenge

Training for a 5K? New to running? With this challenge, 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 challenge is designed to build your endurance, strength, and best of all... get you prepared and ready to take on a 5K!

Optional Equipment



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