TriDogz 12 Week finish Your First 5k Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1	-10min walk	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	-20 minute walk -strength	
Week 2	-10min walk	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	rest day	-5min walk -10min easy jog	-20 minute walk -strength	
Week 3	-10min walk	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	rest day	-5min walk -15min easy jog	-30 minute walk -strength	
Week 4	-20min walk	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	-30 minute walk -strength	
Week 5	-20min walk	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	rest day	-5min walk -20min easy jog	-30 minute walk -strength	
Week 6	-20min walk	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	rest day	-5min walk -25min easy jog	-30 minute walk -strength	
Week 7	-20min walk	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	rest day	-5min walk -30min easy jog	-30 minute walk -strength	
Week 8	-20min walk	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	-30 minute walk -strength	
Week 9	-20min walk	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	rest day	-5min walk -40min easy jog	-30 minute walk -strength	
Week 10	-20min walk	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	rest day	-5min walk -45min easy jog	-30 minute walk -strength	
Week 11	-20min walk	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	rest day	-5min walk -10min easy jog	-30 minute walk	
Week 12	-20min walk	-5min walk -5min easy jog	rest day	-5min walk -5min easy jog	rest day	rest day	Race Day !!!	
	-Use TriDogz Training Plans at your own risk, and always consult a doctor before starting any physical activity -Strength = 10 reverse crunches / 10 squats(deep!) / 10 burpees / 10 push ups -2 or 3 days a week foam rolling highly recommended -For any questions contact TriDogz at coachmeulen@tridogz.com							
	www.tridogz.com							