

GoodtoKnow

The 30-day to 5k challenge!

Get fit fast with our easy training plan!

DAY 1 30 secs jog x 6 repeats 30 secs walk 3 x 30 secs static planks	DAY 2 30 secs jog x 10 repeats 30 secs walk 3 x 30 secs static bridge holds	DAY 3 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 4 45 secs jog x 6 repeats 45 secs walk 3 x 30 secs static planks	DAY 5 45 secs jog x 10 repeats 45 secs walk 3 x 30 secs static bridge holds	DAY 6 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 7 1 min jog x 6 repeats 1 min walk 3 x 30 secs static planks	DAY 8 1 min jog x 10 repeats 1 min walk 3 x 30 secs static bridge holds	DAY 9 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 10 90 secs jog x 6 repeats 1 min walk 3 x 30 secs static planks
DAY 11 90 secs jog x 10 repeats 1 min walk 3 x 30 secs static bridge holds	DAY 12 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 13 2 mins jog x 5 repeats 1 min walk 3 x 30 secs static planks	DAY 14 2 mins jog x 8 repeats 1 walk 3 x 30 secs static bridge holds	DAY 15 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 16 3 mins jog 2 mins walk x 5 repeats 3 x 30 secs static planks	DAY 17 5 mins jog 2 mins walk x 4 repeats 3 x 30 secs static bridge holds	DAY 18 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 19 7 mins jog 2 mins walk x 3 repeats 3 x 30 secs static planks	DAY 20 9 mins jog 2 mins walk x 3 repeats 3 x 30 secs static bridge holds
DAY 21 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 22 11 mins jog 5 mins walk x 2 repeats 3 x 30 secs static planks	DAY 23 6 mins jog 1 min walk x 4 repeats 3 x 30 secs static bridge holds	DAY 24 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 25 20-22 mins jog 3 x 30 secs static planks	DAY 26 24-26 mins jog 3 x 30 secs static bridge holds	DAY 27 REST DAY swim/bike/ yoga/ Pilates/ stretching or full rest	DAY 28 24-26 mins jog 3 x 30 secs static planks	DAY 29 FULL REST DAY	DAY 30 30 mins jog 3 x 30 secs static bridge holds



Get ready to feel fitter today!