Tone It Up
5K TRAINING PLAN

Follow this beginner-friendly training plan from Tone It Up trainer Stef to run your first (or fifth!) 5K with the TIU Team! Download the Tone It Up App for your complete TIU5K program and access to all the recommended workouts. And don't forget to share your progress with us! **#TIU5K**

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
WEEK 1	☐ Run 1 minute, Walk 1 minute, Repeat x8-10 *or* ☐ APP: 15 Minute Interval Run with Stef (walk recovery intervals)	☐ APP: Runner Babe Strength with Stef ☐ APP: Ultimate Foam Rolling Workout with Kat	☐ Run 3 minutes, Walk 3 minutes, Repeat x4-6	☐ APP: Yoga for Tight Hips with Heather	*active recovery* WALK	☐ APP: Run, Squat, Flex! with Stef	REST DAY
WEEK 2	☐ APP: 15 Minute Interval Run with Stef	☐ APP: Full Body Burn with Yami ☐ APP: Ultimate Recovery Sesh with Karena & Stef	☐ Run 5 minutes, Walk 2 minutes, Repeat x4	☐ APP: Sunset Yoga Abs with Kat ☐ APP: Roll With It with Stef	*active recovery* WALK	☐ Run 8 minutes, Walk 2 minutes, Repeat x3	REST DAY
WEEK 3	☐ APP: Progression Run with Stef	☐ APP: 30 Minute Strength with Kat ☐ APP: Roll With It with Stef	☐ Run 10 minutes, Walk 2 minutes, Repeat x3	☐ APP: Flow With Love with Karena	*active recovery* WALK	☐ APP: 30 Minute Interval Run with Stef	REST DAY
WEEK 4	☐ Run 15 minutes, Walk 1 minute, Repeat x2	☐ APP: Yoga for Tight Hips with Heather	☐ App: Mobility Booster with Stef	☐ Run 8 minutes, Walk 2 minutes, Repeat x3	*active recovery* WALK	RACE DAY **#TIU5K** Pick whichever day is best for you!	

#TIU5K