RUNNING MADE EASY

5K PROGRAM
6-WEEK TRAINING

Run180

WELCOME TO YOUR 5K PROGRAM

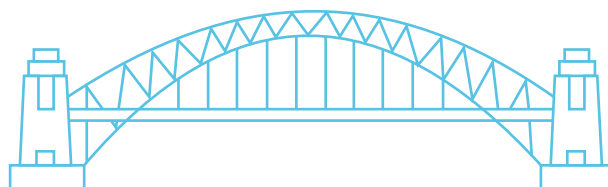Use the following legend to navigate through your training. Run at any level of the Run 180 App.

(A) Accelerator

(R) Rest Day

◯ Session duration: 20/40/60 mins.

🔵 High intensity week

🔵 Low intensity week

🔵 Race Week

🎖 Race Day

〜〜 Run180
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5K PROGRAM

WEEK	M	T	W	T	F	S	S
1	20			20			20
2	20			Ⓐ			20
3	20			Ⓐ			40
4	20			20+Ⓐ			40
5	20			Ⓐ			Ⓡ
6	20			Ⓡ			5K

WELL DONE
JUST AWESOME