

# Movement of the Month Club

BEGINNER  
5K

For details go to [bit.ly/MOTMCRunning](https://bit.ly/MOTMCRunning)

**Monday**    **Tuesday**    **Wednesday**    **Thursday**    **Friday**    **Saturday**    **Sunday**

1 mile walk/run	Strength training	Rest	Strength training	20 min fast walk	Rest	20 min fast walk
1.5 mile walk/run	Strength training	Rest	Strength training	25 min fast walk	Rest	25 min fast walk
2 mile walk/run	Strength training	Rest	Strength training	30 min fast walk	Rest	30 min fast walk
2.5 mile walk/run	Strength training	Rest	Strength training	35 min fast walk	Rest	35 min fast walk
3 mile walk/run	Strength training	Rest	30 min fast walk	Rest	<b>RACE DAY!</b>	