5 KILOMETERS MID-LEVEL MONTH 1



walk 10'

8X (2' run / 1'walk)

walk 10'



UNE COLLABORATION DE rouge™

REST

TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY MONDAY SUNDAY WEEK walk 5' walk 5' walk 10' walk 10' 4X (1' run / 3'walk) REST 5X (1' run / 3'walk) 6X (1' run / 3'walk) **REST** 3X (1' run / 3'walk) **REST** walk 5' walk 5' Strengthening walk 5' WEEK walk 10' walk 10' walk 10' walk 15' **REST** 6X (1' run / 2'walk) 4X (1' run / 2'walk) 5X (1' run / 2'walk) 3X (1' run / 2'walk) **REST REST** walk 5' walk 5' Strengthening walk 5' WEEK walk 10' walk 15' walk 10' walk 10' **REST REST** 6X (1' run / 1'walk) 7X (1' run / 1'walk) **REST** 4X (1' run / 1'walk) 5X (1' run / 1'walk) walk 5' walk 5' Strengthening walk 5' WEEK

REST

REST

walk 10'

6X (1' run / 1'walk)

walk 10'

walk 10'

7X (2' run / 1' walk)

walk 10'

9X (**1**' run / **1**'walk)

Strengthening

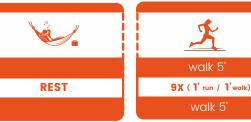
5 KILOMETERS MID-LEVEL MONTH 2





UNE COLLABORATION DE rouge™







SATURDAY



SUNDAY









FRIDAY







WEEK

WEEK



REST

























5 KILOMETERS MID-LEVEL MONTH 3



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MY 1ST 5KM!

TUESDAY WEDNESDAY THURSDAY SATURDAY MONDAY FRIDAY SUNDAY WEEK walk 5' walk 5' walk 5' walk 5' 5X (4'run / 1'walk) REST 6X (4'run / 1'walk) 5X (5'run / 1'walk) 8X (3'run / 1'walk) **REST REST** walk 5' walk 5' Strengthening walk 5' WEEK walk 5' walk 5' walk 5' walk 5' **REST** 2X (15'run / 1'walk) 4X (6'run / 1'walk) 3X (9'run / 1'walk) 3X (9'run / 1'walk) **REST REST** walk 5' Strengthening walk 5' walk 5' WEEK 3X (1' run / 1'walk) **REST** 20' run **REST** 22' run 24' run 26' run **REST** walk 5' walk 5' walk 5' walk 5' WEEK 3X (1' run / 1'walk) 3X (1' run / 1'walk) 3X (1' run / 1'walk) 3X (1' run / 1'walk)

REST

15' run

walk 10'

REST

28' run

walk 10'

30' run

walk 10'

REST