

BUZZFEED'S 4 WEEKS TO 5K CHALLENGE

First do the three warm-up moves, then the run-walk, then, if indicated, any plank workout.

Week 1: Alternate 1 minute of running with 1 minute of walking.

Week 2: Alternate 2 minutes of running with 1 minute of walking.

Week 3: Alternate 3 minutes of running with 1 minute of walking.

Week 4: Walk only as needed.

DAY 1: REST	DAY 2 Hurdle Mobility Iron Cross Scorpion ▶ RUN/WALK: 10 MINS	DAY 3: REST	DAY 4 +  Single-Leg Deadlifts Knee Hugs Groiners ▶ RUN/WALK: 10 MINS ▶ PLANK WORKOUT	DAY 5: REST	DAY 6 Single-Leg Deadlifts Mountain Climbers Lateral Leg Swings ▶ RUN/WALK: 20 MINS	DAY 7: REST
DAY 8: REST	DAY 9 Squats Walking Lunges Front Leg Swings ▶ RUN/WALK: 15 MINS	DAY 10: REST	DAY 11 +  Donkey Kicks Mountain Climbers Iron Cross ▶ RUN/WALK: 10 MINS ▶ 4 STRIDES ▶ PLANK WORKOUT	DAY 12: REST	DAY 13 Side Lunges Front Leg swings Lateral Leg Swings ▶ RUN/WALK: 25 MINS	DAY 14: REST
DAY 15: REST	DAY 16 High-knee Skips Lateral Leg Swings Hurdle Mobility ▶ RUN/WALK: 15 MINS ▶ 4 STRIDES	DAY 17: REST	DAY 18 +  Lunges & Twist Front Leg Swings Lateral Leg Swings ▶ RUN/WALK: 15 MINS ▶ 4 STRIDES ▶ PLANK WORKOUT	DAY 19: REST	DAY 20 Donkey Kicks Mountain Climbers Iron Cross ▶ RUN/WALK: 30 MINS	DAY 21: REST
DAY 22: REST	DAY 23 Squats Walking Lunges High Knee Skips ▶ RUN: 10 MINS ▶ 4 STRIDES	DAY 24: REST	DAY 25 +  Single-Leg Deadlifts Mountain Climbers Front Leg Swings ▶ RUN: 10 MINS ▶ 4 STRIDES ▶ PLANK WORKOUT	DAY 26: REST	DAY 27 Single-Leg Deadlifts Knee Hugs Groiners PRACTICE 5K!	DAY 28: REST