

# DIVAS<sup>®</sup> 5K TRAINING PLAN

Train like a DIVA for your next 5K with our flexible 10 week program!

Make your own schedule - just complete 3 workouts each week.

*Start each workout with a 5 minute warmup, steadily increasing the pace.*

Week	Workout 1	Workout 2	Workout 3
1	1 min of jogging alternating with 1 min of walking for a total of 25 minutes	1 min of jogging alternating with 1 min of walking for a total of 25 minutes	1 min of jogging alternating with 1 min of walking for a total of 25 minutes
2	1 1/2 min of jogging alternating with 1 1/2 min of walking for a total of 23 minutes	1 1/2 min of jogging alternating with 1 1/2 min of walking for a total of 23 minutes	1 1/2 min of jogging alternating with 1 1/2 min of walking for a total of 23 minutes
3	2 min of jogging alternating with 2 min of walking for a total of 25 minutes	2 min of jogging alternating with 2 min of walking for a total of 25 minutes	2 min of jogging alternating with 2 min of walking for a total of 25 minutes
4	3 min of jogging alternating with 3 min of walking for a total of 31 minutes	3 min of jogging alternating with 3 min of walking for a total of 31 minutes	3 min of jogging alternating with 3 min of walking for a total of 31 minutes
5	3 min of jogging alternating with 4 min of walking for a total of 33 minutes	4 min of jogging alternating with 4 min of walking for a total of 37 minutes	4 min of jogging alternating with 4 min of walking for a total of 37 minutes
6	5 min of jogging alternating with 5 min of walking for a total of 35 min	6 min of jogging alternating with 5 min of walking for a total of 38 minutes	8 min of jogging alternating with 3 min of walking for a total of 38 minutes
7	8 min of jogging alternating with 3 min of walking for a total of 38 minutes	9 min of jogging alternating with 2 min of walking for a total of 38 minutes	9 min of jogging alternating with 2 min of walking for a total of 38 min
8	Jog 25 min	12 min of jogging alternating with 1 min of walking for a total of 38 minutes	Jog 25 min
9	Jog 27 min	12 min of jogging alternating with 1 min of walking for a total of 38 minutes	Jog 29 min
10	Jog 30 min	Jog 30 min	<b>Run a 5K... LIKE A DIVA!</b>