First week, *find your rhythm*

Plan the week. Check off each day and note how it felt.
Your Training Week · Strength Foundations, Beginner 5K, Mobility & Recovery

WEEK OF	FOCUS	WEEKLY GOAL

THE PLAN

DAY	SESSION	DONE	HOW IT FELT
MON	Strength A: squat, push, pull, core 30 to 35 min	☐	
TUE	Run/Walk 1 30 to 35 min	☐	
WED	Daily Mobility Flow + rest 10 min	☐	
THU	Strength B: hinge, single leg, press, carry 30 to 35 min	☐	
FRI	Rest or recovery Rest or easy walk	☐	
SAT	Run/Walk 2 30 to 35 min	☐	
SUN	FIRST SUNDAY · NEW PROGRAM Run/Walk 3 (optional) or active recovery 20 to 40 min	☐	

NOTES

WEEK IN REVIEW

Move days around to fit your life. Just keep the two strength sessions off back-to-back days, and keep at least one full rest or recovery day.

Pregnant or postpartum? Check with your doctor or midwife first.