StorrOffice
ENVIRONMENTS

Desk to 5K

5 Week Program

Week	Run 1	Run 2	Run 3	Total Mileage Goal
1 September 10	Run 4 min Walk 2 min Run 4 min	Run 4 min Walk 2 min Run 4 min	Run 6 min Walk 2 min Run 6 min	3 Miles
2 September 17	Run 6 min Walk 2 min Run 6 min	Run 6 min Walk 1 min Run 6 min	Run 9 min Walk 3 min Run 9 min	5 Miles
3 September 24	Run 9 min Walk 3 min Run 9 min	Run 9 min Walk 2 min Run 9 min	Run 12 min Walk 3 min Run 12 min	7 Miles
4 October 1	Run 12 min Walk 3 min Run 12 min	Run 12 min Walk 3 min Run 12 min	Run 15 min Walk 3 min Run 15 min	9 Miles
5 October 8	Run 20 min	Run 15 min	RACE DAY!	StorrOffice ENVIRONMENTS

Tips for Your First 5K

Get a good night's sleep

Always warm up prior to running

Stay hydrated & eat well

Wear comfortable clothing

Start slow and pick up your pace as you go

A SAS CHAMPIONSHIP Community Event