



SHAPESCALE

5k Training Program

day 29
2.0 miles
Avg. Pace
8:49

day 30
2.3 miles
Avg. Pace
9:14

day 31
rest
day!

day 32
1.9 miles
Avg. Pace
10:00

day 33
2.0 miles
Avg. Pace
9:31

day 34
2.3 miles
Avg. Pace
9:31

day 35
rest
day!

day 36
2.0 miles
Avg. Pace
9:06

day 37
rest
day!

day 38
2.2 miles
Avg. Pace
10:21

day 39
2.3 miles
Avg. Pace
9:31

day 40
2.3 miles
Avg. Pace
10:00

day 41
rest
day!

day 42
race
day!