



GUIDELINES AND WORKSHEET

To complete this challenge you need to finish four 5K's in one month, ideally one per week.
Try to get faster each time!

How to get started:

Find a 5K route in your neighborhood (or anywhere that's easy to get to), or use a treadmill. The route you choose doesn't have to be exactly 5 km long. Since the goal is to improve your **time**, it's more important that you find a good route for you in order to repeat it.

Do the exact same course each time to compare your progress.

Do your first 5K at a normal, easy pace to set a base level. Then try to finish a little faster each time.

Remember that you can walk or run during each 5K. Pick what activity is right for you, depending on your fitness level.

Record the times of your 5K's below!

Describe your route here:

This is meant to help you remember your route and your specific distance. Ex: "My favorite run by the lake" or "3.15 miles on the treadmill"

First 5K

Date

Time

Second 5K

Date

Time

Third 5K

Date

Time

Fourth 5K

Date

Time

4 5K's



RUN
THE
YEAR

2017

12 Monthly
Challenges

First 5K

Time

Second 5K

Time

Third 5K

Time

Fourth 5K

Time

#4x5kchallenge

