



**"FIRST DAY TO 5K"  
Series Outline**

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**WEEK 1**

20 minutes from 128 to 142 BPM

BPM CHART:

5-minute warmup @ 128 BPM  
60 seconds @ 142 BPM  
90 seconds @ 128 BPM  
60 seconds @ 142 BPM  
90 seconds @ 128 BPM  
60 seconds @ 142 BPM  
95 seconds @ 128 BPM  
65 seconds @ 142 BPM  
95 seconds @ 128 BPM  
65 seconds @ 142 BPM  
90 seconds @ 128 BPM  
65 seconds @ 142 BPM  
90 seconds @ 128 BPM  
60 seconds @ 142 BPM  
95 seconds @ 128 BPM  
65 seconds @ 142 BPM  
3-minute cooldown @ 128 BPM

**WEEK 4**

29 minutes from 129 to 140 BPM

BPM CHART:

5-minute warmup @ 129 BPM  
3 minutes @ 140 BPM  
90 seconds @ 130 BPM  
5 minutes @ 140 BPM  
2 minutes 30 seconds @ 130 BPM  
3 minutes @ 140 BPM  
90 seconds @ 130 BPM  
5 minutes @ 140 BPM  
Two minute cooldown @ 130 BPM

**WEEK 5 - Mix 3**

28 minutes from 130 to 140 BPM

BPM CHART:

5 min. warmup @ 130 BPM  
20 min. @ 140 BPM  
3 min. cooldown @ 130 BPM

**WEEK 6 - Mix 3**

34 minutes from 130 to 140 BPM

BPM CHART:

5-min. warmup @ 130 BPM  
25 min. @ 140 BPM  
3-min. 30 sec. cooldown @ 130 BPM

**WEEK 9**

40 minutes from 130 to 140 BPM

BPM CHART:

5-min. warmup @ 130 BPM  
30 min. @ 140 BPM  
4-min, 30-sec. cooldown @ 130 BPM

**WEEK 2**

26 minutes from 128 to 138 BPM

BPM CHART:

5-minute warmup @ 128 BPM  
90 seconds @ 138 BPM  
2 minutes @ 128 BPM  
90 seconds @ 138 BPM  
2 minutes @ 128 BPM  
90 seconds @ 138 BPM  
2 minutes @ 128 BPM  
90 seconds @ 138 BPM  
2 minutes @ 128 BPM  
90 seconds @ 138 BPM  
2 minutes @ 128 BPM  
90 seconds @ 138 BPM  
2 minutes @ 128 BPM  
90 seconds @ 138 BPM  
1 minute 50 seconds @ 128 BPM

**WEEK 5 - Mix 1**

29 minutes from 130 to 140 BPM

BPM CHART:

5 min. warmup @ 130 BPM  
5 min. @ 140 BPM  
3 min. @ 131 BPM  
5 min. @ 140 BPM  
3 min. @ 131 BPM  
5 min. @ 140 BPM  
2 min. 30 sec. cooldown @ 130 BPM

**WEEK 6 - Mix 1**

32 minutes from 131 to 141 BPM

BPM CHART:

5-min. warmup @ 131 BPM  
5 min. @ 141 BPM  
3 min. @ 132 BPM  
8 min. @ 141 BPM  
3 min. @ 132 BPM  
5 min. @ 141 BPM  
4-min. cooldown @ 131 BPM

**WEEK 7**

34 minutes from 130 to 140 BPM

BPM CHART:

5-min. warmup @ 130 BPM  
25 min. @ 140 BPM  
4-min. cooldown @ 130 BPM

**WEEK 10 - GRADUATION!**

45 minutes from 135 to 145 BPM

BPM CHART:

5-min. warmup @ 135 BPM  
35 min. @ 145 BPM  
4 min. 30 sec. cooldown @ 135 BPM

**WEEK 3**

25 minutes from 130 to 140 BPM

BPM CHART:

5-minute warmup @ 130 BPM  
90 seconds @ 140 BPM  
90 seconds @ 130 BPM  
3 minutes @ 140 BPM  
3 minutes @ 130 BPM  
90 seconds @ 140 BPM  
90 seconds @ 130 BPM  
3 minutes @ 140 BPM  
4-minute 10-second cooldown @ 130 BPM

**WEEK 5 - Mix 2**

30 minutes from 130 to 140 BPM

BPM CHART:

5 minute warmup @ 130 BPM  
8 minutes @ 140 BPM  
5 minutes @ 131 BPM  
8 minutes @ 140 BPM  
1-minute 45-second cooldown @ 130 BPM

**WEEK 6 - Mix 2**

32 minutes from 130 to 140 BPM

BPM CHART:

5-min. warmup @ 130 BPM  
10 min. @ 140 BPM  
3 min. @ 131 BPM  
10 min. @ 140 BPM  
4-min. cooldown @ 130 BPM

**WEEK 8**

38 minutes from 130 to 140 BPM

BPM CHART:

5-min. warmup @ 130 BPM  
28 min. @ 140 BPM  
4-min. 30-sec. cooldown @ 130 BPM