

**12**  
WEEK

# Desk to 5k

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Brisk 5 min Walk Run/Walk 5 min Walk 5 min	Lower Body Strength	20-30 min Cross-Training	REST	Brisk 10 min Walk Run/Walk 5 min Walk 10 min	Bodyweight Strength	REST
2	Brisk 5 min Walk Run/Walk 5 min Walk 5 min	Lower Body Strength	20-30 min Cross-Training	REST	Brisk 10 min Walk Run/Walk 10 min Walk 10 min	Bodyweight Strength	REST
3	Brisk 5 min Walk Run/Walk 7 min Walk 5 min	Lower Body Strength	30 min Cross-Training + Core/Abs	REST	Brisk 10 min Walk Run/Walk 15 min Walk 10 min	Bodyweight Strength	REST
4	Brisk 5 min Walk Run/Walk 10 min Walk 5 min + Lower Body Strength	Upper Body Strength	Brisk 5 min Walk Run/Walk 10 min Walk 5 min + Lower Body Strength	REST	Brisk 10 min Walk Run/Walk 15 min Walk 10 min	Bodyweight Strength	REST
5	Brisk 5 min Walk Run/Walk 10 min Walk 5 min + Lower Body Strength	REST	30 min Cross-Training + Core/Abs	REST	Brisk 10 min Walk Run/Walk 20 min Walk 10 min	Bodyweight Strength	REST
6	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	Upper Body Strength	Brisk 5 min Walk Run/Walk 12 min Walk 5 min + Lower Body Strength	REST	Brisk 10 min Walk Run/Walk 25 min Walk 10 min	Bodyweight Strength	REST
7	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	Upper Body Strength	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	REST	Brisk 10 min Walk Run/Walk 25 min Walk 10 min	Bodyweight Strength	REST
8	Brisk 5 min Walk Run/Walk 20 min Walk 5 min + Lower Body Strength	Upper Body Strength	Brisk 5 min Walk Run/Walk 17 min Walk 5 min + Lower Body Strength	REST	Brisk 10 min Walk Run/Walk 30 min Walk 10 min	Bodyweight Strength	REST
9	Brisk 5 min Walk Run/Walk 20 min Walk 5 min + Lower Body Strength	Upper Body Strength	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	REST	Brisk 10 min Walk Run/Walk 35 min Walk 10 min	Bodyweight Strength	REST
10	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	Upper Body Strength	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	REST	Brisk 10 min Walk Run/Walk 30 min Walk 10 min	Bodyweight Strength	REST
11	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	Upper Body Strength	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	REST	Brisk 10 min Walk Run/Walk 25 min Walk 10 min	Bodyweight Strength	REST
12	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	REST	Brisk 5 min Walk Run/Walk 15 min Walk 5 min + Lower Body Strength	REST	REST	<b>RACE DAY!</b>	

**12**  
WEEK

# Desk to 5K

## **Warm Up:**

Bike/Walk for 5 min  
Lateral Band Walk x10  
Band Pull Apart x10-20  
Front Plank x30s  
Standing Quad Stretch x5ea  
Worlds Greatest Stretch x5ea

## **Machine Strength Circuit:**

- 1.) Leg Press
  - 2.) Chest Press
  - 3.) Pulldown
  - 4.) Shoulder Press
  - 5.) Row/Rear Delt
  - 6.) Leg Extension
  - 7.) Triceps Press
  - 8.) Biceps Curl
  - 9.) Seated Leg Curl
  - 10.) Pec Fly
  - 11.) Torso Rotation
  - 12.) Abdominal Crunch
- x2 Rounds

*Perform each exercise for 30 seconds; Rest for 30-60 seconds*

## **Bodyweight Strength:**

Squat x10  
Push Up x10  
Goodmorning x10  
Pull/Chin Up x10  
Step Up x10ea  
Dips x10  
3-Way Lunge x5ea  
Inverted Row x10  
x2 Rounds

## **Lower Body Strength:**

Leg Press x8-12  
Alternating Lunge x8-12ea  
Leg Extension x8-12  
Seated Leg Curl x8-12  
Calf Raise x15-20  
Abdominal Crunch x15-20  
Torso Rotation x15-20ea  
x2-3 Rounds

## **Upper Body Strength:**

Chest Press x8-12  
Lat Pulldown x8-12  
Shoulder Press x8-12  
Seated Row x8-12  
Triceps Press x8-12  
Biceps Curl x8-12  
Pec Fly x15-20  
x2-3 Rounds

## **CORE:**

Front Plank (PUP\*) x30s  
Side Plank x30s each side  
Superman/Back EXT x30s  
Hollow Hold x30s  
x2-3 Rounds

or

## **Abs:**

Crunch x20 or Straight Leg Sit Up x20  
Alt. Heel Touch x20ea  
V-Up x20 or Leg Raise x20  
X V-Up x20ea  
Superman x20

## **Cross Training:**

Elliptical or Arc Trainer  
Spin Bike or Cycle Erg  
Backwards Walking on Treadmill  
Stairmill  
Rower or Ski Erg

## **Cool Down:**

Lizard Stretch x30s each side  
Pigeon Stretch x30s each side  
Child's Pose x30s

\*Push Up Position

