

WHEEL TO 5K CHALLENGE

I am an **EVERYDAY ATHLETE**
 ATP ADAPT TO PERFORM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	10 ROUNDS OF 1 MIN FAST 1 MIN EASY	REST	5 ROUNDS OF 2 MIN FAST 4 MIN EASY	REST	REST	10 ROUNDS OF 1 MIN FAST 1 MIN EASY
2	REST	4 ROUNDS OF 3 MIN FAST 3 MIN EASY	REST	4 ROUNDS OF 3 MIN FAST 3 MIN EASY	REST	REST	3 ROUNDS OF 5 MIN FAST 5 MIN EASY
3	REST	3 ROUNDS OF 7 MIN FAST 2 MIN EASY	REST	3 ROUNDS OF 8 MIN FAST 2 MIN EASY	REST	REST	3 ROUNDS OF 8 MIN FAST 2 MIN EASY
4	REST	3 ROUNDS OF 8 MIN FAST 2 MIN EASY	REST	2 ROUNDS OF 10 MIN FAST 2 MIN EASY	REST	REST	3 ROUNDS OF 8 MIN FAST 2 MIN EASY
5	REST	3 ROUNDS OF 9 MIN FAST 1 MIN EASY	REST	2 ROUNDS OF 12 MIN FAST 2 MIN EASY	REST	REST	3 ROUNDS OF 8 MIN FAST 2 MIN EASY
6	REST	2 ROUNDS OF 15 MIN FAST 1 MIN EASY	REST	3 ROUNDS OF 8 MIN FAST 2 MIN EASY	REST	REST	5K



Smashed it!



ADAPT TO PERFORM