



GETKRISTENFIT

FASTER 5K

Complete these workouts Wk. 1

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

Complete
25 minute aerobic pace jog/run

TEMPO

Complete 3X
3 min hard/ 3 min easy/ 2 min
hard / 2 min recover (walk)

SPEED

Complete 10X
1 minute hard
1 minute recover



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Complete these workouts Wk. 2

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

Complete
28 minute aerobic pace jog/run

TEMPO

Complete 1X
1 mile hard effort, 2 min
easy, 1/2 mile hard effort, 2
min easy, 1 mile hard

SPEED

Complete 12 x
30 sec hill sprints
walk easy down to recover



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FASTER 5K

Complete these workouts Wk. 3

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

Complete
32 minute aerobic pace jog/run

TEMPO

Complete 1x
16 minute tempo run, (hard effort).

SPEED

Complete 2x
1/4 mile hard/ 1 min recover
1/2 mile hard/ 1:30 recover
3/4 mile hard/ 2 min recover



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Complete these workouts Wk. 4

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

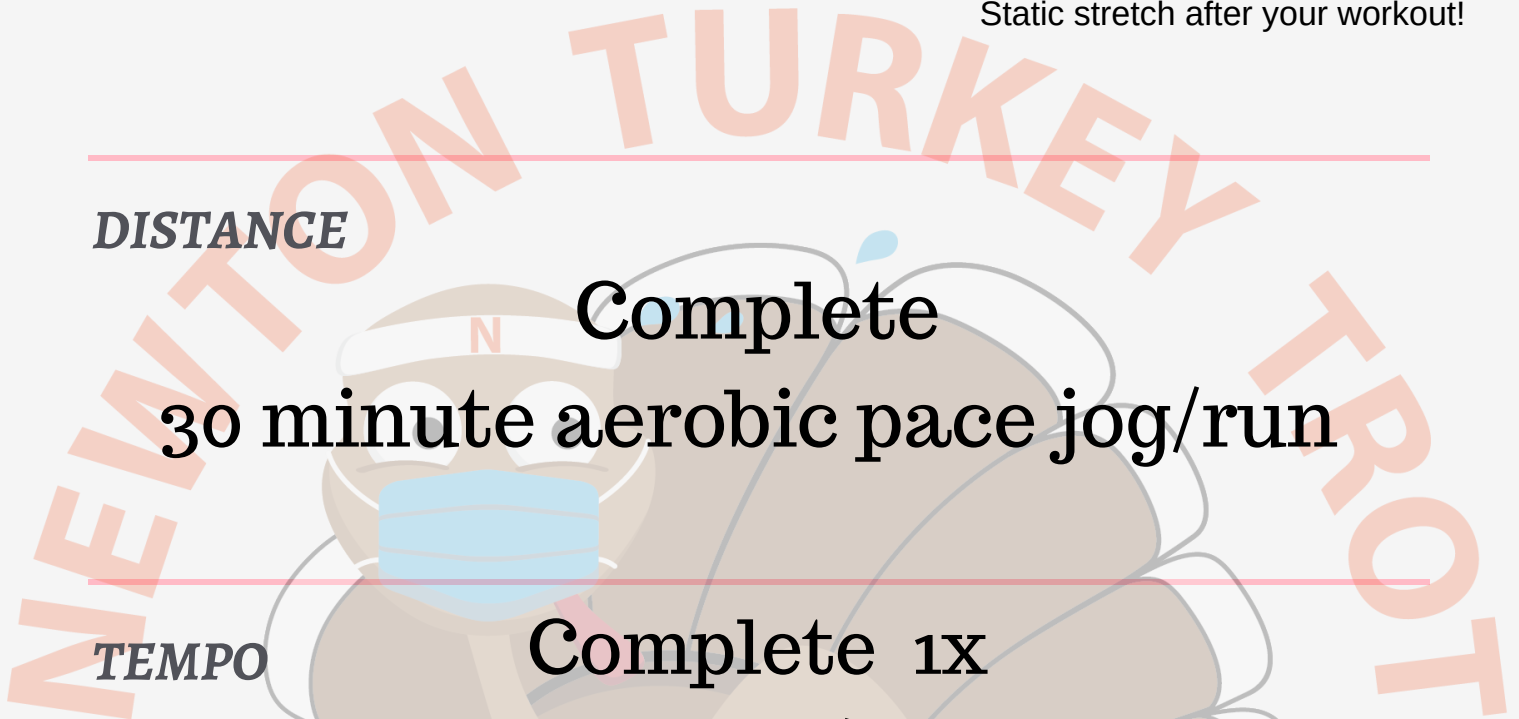
Complete
30 minute aerobic pace jog/run

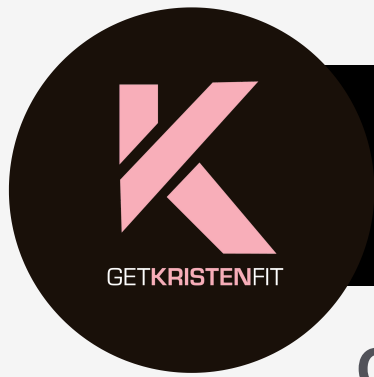
TEMPO

Complete 1x
5 min hard/ 10 min
aerobic/ 5 min hard

SPEED

Complete 10x
1:30 hard
1:30 recover





FASTER 5K

Complete these workouts Wk. 5

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

Complete
35 minute aerobic pace jog/run

TEMPO

Complete 3X
3 min hard/ 2 min easy/ 3 min hard / 2 min
recover (walk)

SPEED

Complete
4 x 45 sec hill sprints
8x 30 second hill sprints
1 x 60 second hill run
(easy walk down between each)



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FASTER 5K

Complete these workouts Wk. 6

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

Complete
40 minute aerobic pace jog/run

TEMPO

Complete
1 mile hard, 1/2 mile
easy/ 1 mile hard/ 5
min recovery jog

SPEED

Complete 5 x
1/2 mile hard
2:30 recover





GETKRISTENFIT

FASTER 5K

Complete these workouts Wk. 7

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

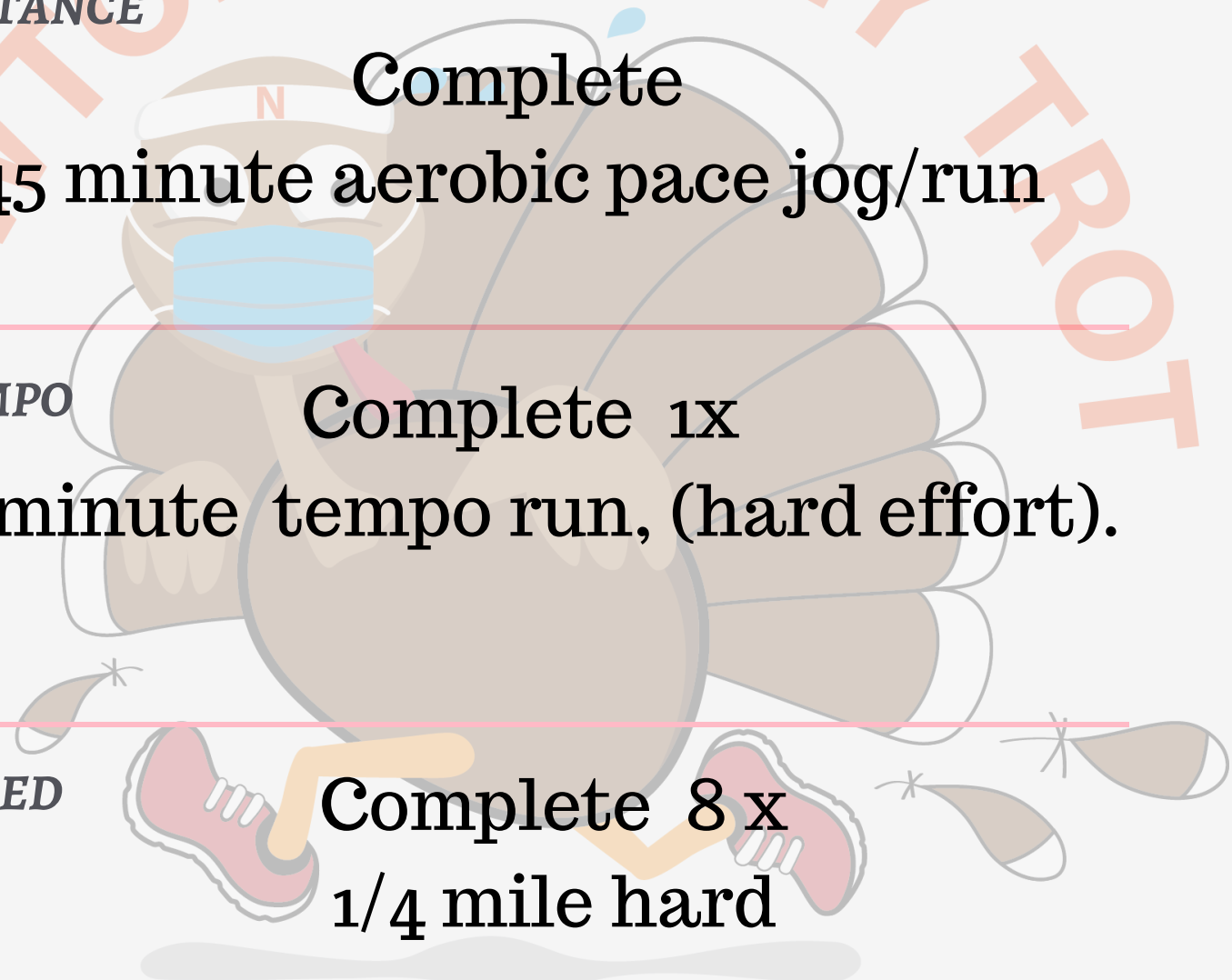
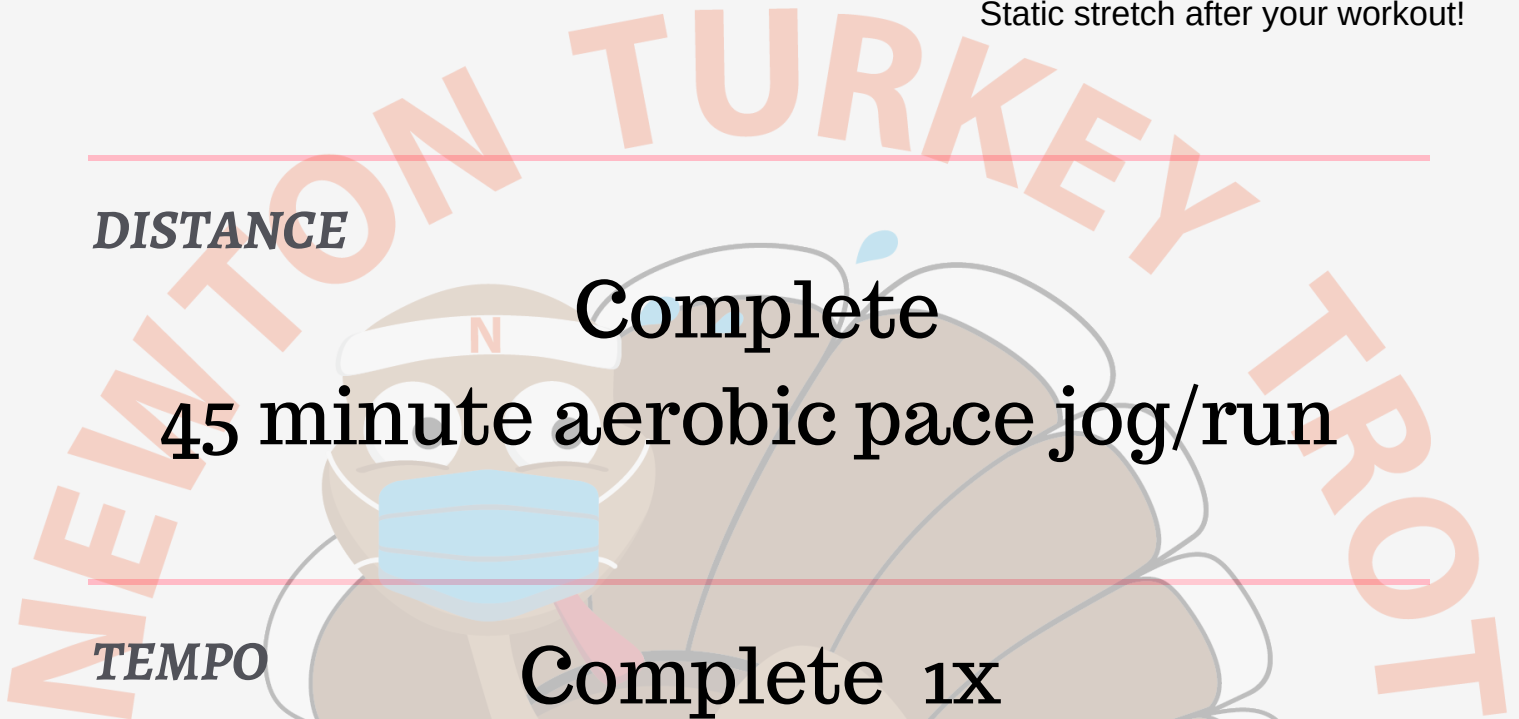
Complete
45 minute aerobic pace jog/run

TEMPO

Complete 1x
18 minute tempo run, (hard effort).

SPEED

Complete 8 x
1/4 mile hard
1:30 recover





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FASTER 5K

Complete these workouts Wk. 8

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

DISTANCE

Complete
30 minute aerobic pace jog/run

TEMPO

Complete 3x
4 min hard, 2 min
easy, 1 min hard, 2:30
rec

SPEED

Complete 10 x
45 sec hard/ 1:30 recover