PODRUNNER:
FIRST DAY TO 5K

== PROGRESS CHART ==

WEEK 1		

WEEK 2		

WEEK 3		

WEEK 4		

WEEK 5		
MIX 1	*MIX 2*	*MIX 3*

WEEK 6		
MIX 1	*MIX 2*	*MIX 3*

WEEK 7		

WEEK 8		

WEEK 9		

WEEK 10
GRADUATION MIX!