



PODRUNNER: FIRST DAY TO 5K

== SERIES OUTLINE ==

PODRUNNER

<p>WEEK 1 28 minutes - 128 to 142 BPM</p> <p>Warmup: 5 min. @ 128 BPM 1 min. @ 142 BPM 1.5 min. @ 128 BPM 1 min. @ 142 BPM 1.5 min. @ 128 BPM 1 min. @ 142 BPM 95 sec. @ 128 BPM 65 sec. @ 142 BPM 95 sec. @ 128 BPM 65 sec. @ 142 BPM 1.5 min. @ 128 BPM 65 sec. @ 142 BPM 1.5 min. @ 128 BPM 1 min. @ 142 BPM 95 sec. @ 128 BPM 65 sec. @ 142 BPM Cooldown: 3 min. @ 128 BPM</p>	<p>WEEK 2 26 minutes - 128 to 138 BPM</p> <p>Warmup: 5 min. @ 128 BPM 1.5 min. @ 138 BPM 2 min. @ 128 BPM 1.5 min. @ 138 BPM 2 min. @ 128 BPM 1.5 min. @ 138 BPM 2 min. @ 128 BPM 1.5 min. @ 138 BPM 2 min. @ 128 BPM 1.5 min. @ 138 BPM 2 min. @ 128 BPM 1.5 min. @ 138 BPM 2 min. @ 128 BPM 1.5 min. @ 138 BPM Cooldown: 1 min. 50 sec. @ 128 BPM</p>	<p>WEEK 3 27 minutes - 130 to 140 BPM</p> <p>Warmup: 5 min. @ 130 BPM 1.5 min. @ 140 BPM 1.5 min. @ 130 BPM 6 min. @ 140 BPM 3 min. @ 130 BPM 1.5 min. @ 140 BPM 1.5 min. @ 130 BPM 3 min. @ 140 BPM Cooldown: 4 min. 10-sec. @ 130 BPM</p>
<p>WEEK 4 29 minutes - 129 to 140 BPM</p> <p>Warmup: 5 min. @ 129 BPM 3 min. @ 140 BPM 1.5 min. @ 130 BPM 5 min. @ 140 BPM 2 min. 30 sec. @ 130 BPM 3 min. @ 140 BPM 1.5 min. @ 130 BPM 5 min. @ 140 BPM Cooldown: 2 min. @ 130 BPM</p>	<p>WEEK 5 - Mix 1 29 minutes - 130 to 140 BPM</p> <p>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 Cooldown: 2 min. 30 sec. @ 130 BPM</p>	<p>WEEK 5 - Mix 2 28 minutes - 130 to 140 BPM</p> <p>5 min. warmup @ 130 BPM 8 min. @ 140 BPM 5 min. @ 131 BPM 8 min. @ 140 BPM Cooldown: 1 min. 45 sec. @ 130 BPM</p>
<p>WEEK 5 - Mix 3 28 minutes - 130 to 140 BPM</p> <p>5 min. warmup @ 130 BPM 20 min. @ 140 BPM Cooldown: 3 min. @ 130 BPM</p>	<p>WEEK 6 - Mix 1 33 minutes - 131 to 141 BPM</p> <p>Warmup: 5 min. @ 131 BPM 5 min. @ 141 BPM 3 min. @ 132 BPM 8 min. @ 141 BPM 3 min. @ 132 BPM 5 min. @ 141 BPM Cooldown: 4 min. @ 131 BPM</p>	<p>WEEK 6 - Mix 2 32 minutes - 130 to 140 BPM</p> <p>Warmup: 5 min. @ 130 BPM 10 min. @ 140 BPM 3 min. @ 131 BPM 10 min. @ 140 BPM Cooldown: 4 min. @ 130 BPM</p>
<p>WEEK 6 - Mix 3 34 minutes - 130 to 140 BPM</p> <p>Warmup: 5 min. @ 130 BPM 25 min. @ 140 BPM Cooldown: 3-min. 30 sec. @ 130 BPM</p>	<p>WEEK 7 34 minutes - 130 to 140 BPM</p> <p>Warmup: 5 min. @ 130 BPM 25 min. @ 140 BPM Cooldown: 4 min. @ 130 BPM</p>	<p>WEEK 8 38 minutes - 130 to 140 BPM</p> <p>Warmup: 5 min. @ 130 BPM 28 min. @ 140 BPM Cooldown: 4 min. 30-sec. @ 130 BPM</p>
<p>WEEK 9 40 minutes - 130 to 140 BPM</p> <p>Warmup: 5 min. @ 130 BPM 30 min. @ 140 BPM Cooldown: 4 min 30 sec. @ 130 BPM</p>	<p>WEEK 10 - GRADUATION! 45 minutes - 135 to 145 BPM</p> <p>Warmup: 5 min. @ 135 BPM 35 min. @ 145 BPM Cooldown: 4 min. 30 sec. @ 135 BPM</p>	