



# PODRUNNER: FIRST DAY TO 5K

== 5K BENCHMARK JOURNAL ==

*After each run:* Write down your reactions, observations, challenges, and markers of progress. After you complete the program, read this journal, and you'll see a narrative of improvement on your 5K journey!

## WEEK 1

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## WEEK 2

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## WEEK 3

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**WEEK 4**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**WEEK 5**

- Mix 1. \_\_\_\_\_  
\_\_\_\_\_
- Mix 2. \_\_\_\_\_  
\_\_\_\_\_
- Mix 3. \_\_\_\_\_  
\_\_\_\_\_

**WEEK 6**

- Mix 1. \_\_\_\_\_  
\_\_\_\_\_
- Mix 2. \_\_\_\_\_  
\_\_\_\_\_
- Mix 3. \_\_\_\_\_  
\_\_\_\_\_

**WEEK 7**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**WEEK 8**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**WEEK 9**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**GRADUATION!**

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