## **MY 5K TRAINING PLAN:**

	This week's workouts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1								
Week 2								
Week 3								
Week 4								



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	This week's workouts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5								
Week <b>6</b>								
Week <b>7</b>								
Week 8								



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