



blue line fitness

DESK TO RACE DAY: REGENERON 5K 2023

This 5-week Program is designed to help prepare for the Regeneron 5K on 21SEP23

Program begins on Monday 21AUG23 and runs through race week!

Join us for Blue Line Running Club, Mondays at 4:30 PM at B85 Fitness Center

For additional coaching, stop by any of our 4 Blue Line Fitness Locations (B44, B26, B27, B85)

Our Personal Training team is available 6AM-6PM Monday-Friday!

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Run 2 Min Walk 1 Min Repeat 6X	Rest (5-10K Steps)	Full body Workout	Mobility	.5 Mile Run x 2	Rest / Walk	Rest
WEEK 2	Run 3 Min Walk 1 Min Repeat 5X	Rest (5-10K Steps)	Full body Workout	Mobility	.75 Mile Run x 2	Rest / Walk	Rest
WEEK 3	Run 4 Min Walk 2 Min Repeat 5X	Rest (5-10K Steps)	Full body Workout	Mobility	1 Mile Run x 2	Rest / Walk	Rest
WEEK 4	Run 6 Min Walk 2 Min Repeat 4X	Rest (5-10K Steps)	Full body Workout	Mobility	1.5 Mile x 1 1.0 Mile x 1 .6 Mile x 1	Rest / Walk	Rest
WEEK 5	Race Prep: Mobility/Core	Rest (5-10K Steps)	Mobility	Race Day 3.1 Miles	Mobility	Rest / Walk	Rest



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Desk to Race Day: Full Body Strength Workout:

Movements are listed in order of difficulty. For guidance on which progression to start with, contact our Blue Line Fitness Personal Trainers

Select one movement from each category and perform listed sets/reps.

SET/REP	EXERCISE: FULLBODY WORKOUT	WK 1 DATE	WK 2 DATE	WK 3 DATE	WK 4 DATE
A1	Pick One:				
3x8-12	TRX Squat				
3x8-12	Goblet Squat				
3x8-12 ES	Split Squat				
B1	Pick One:				
3x8-12	Hip Bridge				
3x8-12 ES	Reverse Lunge				
3x8-12	RDL				
C1	Pick One:				
3x8-12 ES	SA Supported DB row				
3x8-12 ES	SA Staggered Cable Row				
3x8-12 ES	TRX Power Pull				
C2	Pick One:				
3x8-12 ES	HK SA Landmine Press				
3x8-12 ES	Standing SA OH Rotational Press				
3x8-12	Landmine Squat to Press				
D1	Pick One:				
3x8-12 ES	Bear Plank Alt Shoulder Taps				
3x8-12 ES	Low Plank with Alt Reach				
3x8-12 ES	Bird Dog Low Plank				



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Desk to Race Day: Full Body Mobility:

Consult our Personal Training team for modifications to mobility workout.

SET/REP	EXERCISE: WEDNESDAY MOBILITY
2x30S ES	Roll + Stretch Hip Flexors w/ Reach & Rotation
2x30S ES	Roll Glutes + Pigeon Stretch
2x30S ES	Roll Adductors + World's Greatest Stretch
2x30S ES	Roll Quads + Brettzel Stretch
2x30S ES	Ankle Glides + Standing Calf Stretch
2x30S ES	HK Shoulder Windmill
2x30S ES	SA Chest Stretch + Child's Pose