

# START TO FINISH 5k

[Tone-and-Tighten.com](http://Tone-and-Tighten.com)

**Complete 5k Running Plan**  
**Includes running schedule**  
**and strength training guide**



## Tone-and-Tighten.com Start to Finish 5K Program

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six
Week 1	RUN/JOG FOR 1 MINUTE. WALK FOR 2 MINUTES. REPEAT 10X FOR A TOTAL OF 30 MINUTES.	STRAIGHT LEG RAISE X10 SL ABDUCTION X15 BRIDGE 2 SEC HOLD 2X10 WALL SQUAT X5	RUN/JOG FOR 1 MINUTE. WALK FOR 2 MINUTES. REPEAT 10X FOR A TOTAL OF 30 MINUTES.	STRAIGHT LEG RAISE X10 SL ABDUCTION X15 BRIDGE 2 SEC HOLD 2X10 WALL SQUAT X5	RUN/JOG FOR 1 MINUTE. WALK FOR 2 MINUTES. REPEAT 10X FOR A TOTAL OF 30 MINUTES.	STRAIGHT LEG RAISE X10 SL ABDUCTION X15 BRIDGE 2 SEC HOLD 2X10 WALL SQUAT X5
Week 2	RUN/JOG FOR 2 MINUTES. WALK FOR 2 MINUTES. REPEAT 7X FOR TOTAL OF 28 MINUTES.	STRAIGHT LEG RAISE 2X10 SL ABDUCTION X20 BRIDGE 5 SEC HOLD 3X10 WALL SQUAT X10	RUN/JOG FOR 2 MINUTES. WALK FOR 2 MINUTES. REPEAT 7X FOR TOTAL OF 28 MINUTES.	STRAIGHT LEG RAISE 2X10 SL ABDUCTION X20 BRIDGE 5 SEC HOLD 3X10 WALL SQUAT X10	RUN/JOG FOR 2 MINUTES. WALK FOR 2 MINUTES. REPEAT 7X FOR TOTAL OF 28 MINUTES.	STRAIGHT LEG RAISE 2X10 SL ABDUCTION X20 BRIDGE 5 SEC HOLD 3X10 WALL SQUAT X10
Week 3	RUN/JOG FOR 3 MINUTES. WALK FOR 2 MINUTES. REPEAT 6X FOR TOTAL OF 30 MINUTES	STRAIGHT LEG RAISE 3X10 SL ABDUCTION X30 BRIDGE 10 SEC HOLD 3X10 WALL SQUAT 2X10	RUN/JOG FOR 3 MINUTES. WALK FOR 2 MINUTES. REPEAT 6X FOR TOTAL OF 30 MINUTES	STRAIGHT LEG RAISE 3X10 SL ABDUCTION X30 BRIDGE 10 SEC HOLD 3X10 WALL SQUAT 2X10	RUN/JOG FOR 3 MINUTES. WALK FOR 2 MINUTES. REPEAT 6X FOR TOTAL OF 30 MINUTES	STRAIGHT LEG RAISE 3X10 SL ABDUCTION X30 BRIDGE 10 SEC HOLD 3X10 WALL SQUAT 2X10
Week 4	RUN/JOG FOR 5 MINUTES. WALK FOR 2 MINUTES. REPEAT FOR 4X FOR TOTAL OF 28 MINUTES	MOD PLANK 3X20" HOLD MOD S. PLANK 3X20" HOLD BRIDGE WITH MARCH 3X10 WALL SQUAT 3X10	RUN/JOG FOR 5 MINUTES. WALK FOR 2 MINUTES. REPEAT FOR 4X FOR TOTAL OF 28 MINUTES	MOD PLANK 3X20" HOLD MOD S. PLANK 3X20" HOLD BRIDGE WITH MARCH 3X10 WALL SQUAT 3X10	RUN/JOG FOR 5 MINUTES. WALK FOR 2 MINUTES. REPEAT FOR 4X FOR TOTAL OF 28 MINUTES	MOD PLANK 3X20" HOLD MOD S. PLANK 3X20" HOLD BRIDGE WITH MARCH 3X10 WALL SQUAT 3X10
Week 5	RUN/JOG 8 MINUTES. WALK FOR 90 SECONDS. REPEAT 3X FOR TOTAL OF 29 MINUTES	MOD PLANK 3X30" HOLD MOD S. PLANK 3X30" HOLD BRIDGE WITH MARCH 3X10 WALL SQUAT 4X10	RUN/JOG 8 MINUTES. WALK FOR 90 SECONDS. REPEAT 3X FOR TOTAL OF 29 MINUTES	MOD PLANK 3X30" HOLD MOD S. PLANK 3X30" HOLD BRIDGE WITH MARCH 3X10 WALL SQUAT 4X10	RUN/JOG 8 MINUTES. WALK FOR 90 SECONDS. REPEAT 3X FOR TOTAL OF 29 MINUTES	MOD PLANK 3X30" HOLD MOD S. PLANK 3X30" HOLD BRIDGE WITH MARCH 3X10 WALL SQUAT 4X10
Week 6	RUN/JOG 10 MINUTES. WALK FOR 90 SECONDS. REPEAT 2X FOR TOTAL OF 23 MINUTES.	FULL PLANK 3X20" HOLD FULL S. PLANK 3X20" HOLD BRIDGE W/KICKOUT 3X10 LUNGE 2X10	RUN/JOG 10 MINUTES. WALK FOR 90 SECONDS. REPEAT 2X FOR TOTAL OF 23 MINUTES.	FULL PLANK 3X20" HOLD FULL S. PLANK 3X20" HOLD BRIDGE W/KICKOUT 3X10 LUNGE 2X10	RUN/JOG 10 MINUTES. WALK FOR 90 SECONDS. REPEAT 2X FOR TOTAL OF 23 MINUTES.	FULL PLANK 3X20" HOLD FULL S. PLANK 3X20" HOLD BRIDGE W/KICKOUT 3X10 LUNGE 2X10
Week 7	RUN/JOG 13 MINUTES. WALK FOR 1 MINUTE. REPEAT 2X FOR TOTAL OF 28 MINUTES	FULL PLANK 3X30" HOLD FULL S. PLANK 3X30" HOLD BRIDGE W/KICKOUT 4X10 LUNGE 3X10	RUN/JOG 13 MINUTES. WALK FOR 1 MINUTE. REPEAT 2X FOR TOTAL OF 28 MINUTES	FULL PLANK 3X30" HOLD FULL S. PLANK 3X30" HOLD BRIDGE W/KICKOUT 4X10 LUNGE 3X10	RUN/JOG 13 MINUTES. WALK FOR 1 MINUTE. REPEAT 2X FOR TOTAL OF 28 MINUTES	FULL PLANK 3X30" HOLD FULL S. PLANK 3X30" HOLD BRIDGE W/KICKOUT 4X10 LUNGE 3X10
Week 8	RUN/JOG 15 MINUTES. WALK FOR 1 MINUTE. REPEAT 2 TIMES FOR 32 MINUTES	PLANK W/HIP EXT 3X10 S. PLANK W/HIP ABD 3X10 SINGLE LEG BRIDGE 3X10 LUNGE 4X10 B	RUN/JOG 15 MINUTES. WALK FOR 1 MINUTE. REPEAT 2 TIMES FOR 32 MINUTES	PLANK W/HIP EXT 3X10 S. PLANK W/HIP ABD 3X10 SINGLE LEG BRIDGE 3X10 LUNGE 4X10 B	RUN/JOG 15 MINUTES. WALK FOR 1 MINUTE. REPEAT 2 TIMES FOR 32 MINUTES	PLANK W/HIP EXT 3X10 S. PLANK W/HIP ABD 3X10 SINGLE LEG BRIDGE 3X10 LUNGE 4X10 B
Week 9	RUN/JOG 20 MINUTES. WALK FOR 1 MINUTE. RUN FOR 10 MINUTES TOTAL OF 31 MINUTES	PLANK W/HIP EXT 3X20 S. PLANK W/HIP ABD 3X20 SINGLE LEG BRIDGE 4X10 LUNGE 4X10 B	RUN/JOG 25 MINUTES. WALK FOR 1 MINUTE RUN FOR 5 MINUTES TOTAL OF 31 MINUTES	PLANK W/HIP EXT 3X20 S. PLANK W/HIP ABD 3X20 SINGLE LEG BRIDGE 4X10 LUNGE 4X10 B	<b>RUN/JOG 30 MINUTES.</b> NO WALKING YOU TOTALLY GOT THIS!	PLANK W/HIP EXT 3X20 S. PLANK W/HIP ABD 3X20 SINGLE LEG BRIDGE 4X10 LUNGE 4X10 B



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## HIP FLEXOR PROGRESSION

### 1. STRAIGHT LEG RAISE



**DESCRIPTION:**  
WHILE LYING ON YOUR BACK, RAISE UP YOUR LEG WHILE MAINTAINING A STRAIGHT KNEE. SLOWLY RETURN TO THE STARTING POSITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS

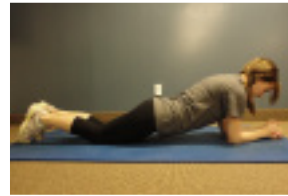


### 2. MODIFIED PLANK (MOD PLANK)



**DESCRIPTION:**  
START LAYING FACE DOWN WITH YOUR ELBOWS DIRECTLY BELOW YOUR SHOULDERS. KEEPING YOUR BACK STRAIGHT AND YOUR CORE TIGHT, LIFT YOUR PELVIS UP SUPPORTING YOURSELF ON ARMS AND KNEES. KEEP YOUR SHOULDERS, HIPS, AND KNEES ALL IN A LINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 3. FULL PLANK



**DESCRIPTION:**  
WHILE LYING FACE DOWN, LIFT YOUR BODY UP ON YOUR ELBOWS AND TOES. TRY TO MAINTAIN A STRAIGHT SPINE. YOUR SHOULDERS, HIPS, KNEES AND ANKLES SHOULD BE IN A STRAIGHT LINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 4. PLANK WITH HIP EXTENSION (PLANK W/HIP EXT)



**DESCRIPTION:**  
LYING FACE DOWN ON ELBOWS, DRAW ABDOMINALS IN AND RAISE UP ONTO FOREARMS AND TOES. DO NOT ALLOW HIPS TO DROP OR SPINE TO ARCH. EXTEND ONE HIP AND LIFT STRAIGHT LEG AS PICTURED. RETURN TO STARTING POSITION AND THEN REPEAT ON OTHER SIDE.

REFER TO YOUR SCHEDULE FOR SET AND REPS





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## HIP ABDUCTOR PROGRESSION

### 1. SIDE LYING HIP ABDUCTION (SL ABDUCTION)



**DESCRIPTION:**

WHILE LYING ON YOUR SIDE, SLOWLY RAISE YOUR TOP LEG TOWARDS THE CEILING. KEEP YOUR HIPS "STACKED" ONE RIGHT OVER THE OTHER. KEEP YOUR KNEE STRAIGHT AND MAINTAIN YOUR TOES POINTED FORWARD THE ENTIRE TIME.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 2. MODIFIED SIDE PLANK (MOD S. PLANK)



**DESCRIPTION:**

LAY ON YOUR SIDE WITH YOUR KNEES BENT. RAISE UP ONTO YOUR ELBOW AND BOTTOM KNEE AS SHOWN. TRY TO MAINTAIN A STRAIGHT SPINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 3. FULL SIDE PLANK (FULL S. PLANK)



**DESCRIPTION:**

WHILE LYING ON YOUR SIDE, LIFT YOUR BODY UP ON YOUR ELBOW AND FEET. TRY TO MAINTAIN A STRAIGHT SPINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 4. SIDE PLANK WITH HIP ABDUCTION (S. PLANK W/HIP ABD)



**DESCRIPTION:**

WHILE LYING ON YOUR SIDE, LIFT YOUR BODY UP ON YOUR ELBOW AND FEET. NEXT, SLOWLY RAISE YOUR TOP LEG UPWARDS, THEN RETURN. TRY TO MAINTAIN A STRAIGHT SPINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



## BRIDGE PROGRESSION

### 1. BRIDGE



**DESCRIPTION:**  
WHILE LYING ON YOUR BACK WITH YOUR KNEES BENT, TIGHTEN YOUR LOWER ABDOMINALS, SQUEEZE YOUR BUTTOCKS AND THEN RAISE YOUR BUTTOCKS OFF THE FLOOR (OR BED) AS SHOWN.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 2. BRIDGE WITH MARCH



**DESCRIPTION:**  
LAYING ON YOUR BACK WITH KNEES BENT AND FEET FLAT, ROLL YOUR HIPS AND BUTTOCKS UP INTO A BRIDGE POSITION. HOLD THIS POSITION THEN ALTERNATE MARCHING EACH LEG, KEEPING YOUR HIPS UP AND OFF THE GROUND. MARCHING EACH LEG ONCE IS ONE REPETITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 3. BRIDGE WITH ALTERNATING LEG KICK OUT (BRIDGE W/KICKOUT)



**DESCRIPTION:**  
LAYING ON YOUR BACK WITH KNEES BENT AND FEET FLAT, SQUEEZE YOUR BUTTOCKS AND RAISE YOUR HIPS OFF THE GROUND INTO A BRIDGE POSITION. THEN ALTERNATE EXTENDING ONE LEG AT A TIME. KICKING OUT ONCE ON EACH LEG IS ONE REPETITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS



### 4. SINGLE LEG BRIDGE



**DESCRIPTION:**  
WHILE LYING ON YOUR BACK WITH YOUR KNEES BENT, EXTEND ONE KNEE AS SHOWN. CONTRACT THE MUSCLES IN YOUR BACK AND BUTTOCKS TO RAISE UP INTO A BRIDGE POSITION WHILE MAINTAINING YOUR KNEE EXTENDED. TRY KEEPING YOUR HIPS LEVEL THROUGHOUT THE LIFT. REPEAT ON OTHER LEG.

REFER TO YOUR SCHEDULE FOR SET AND REPS



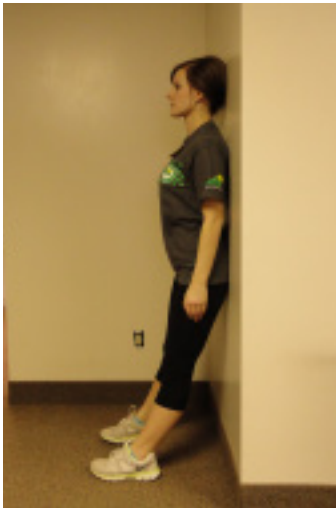


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## SQUATS AND LUNGES

### 1. WALL SQUAT

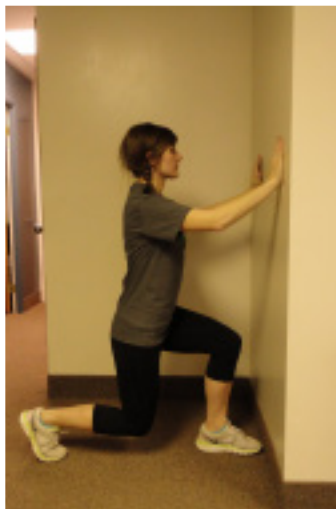
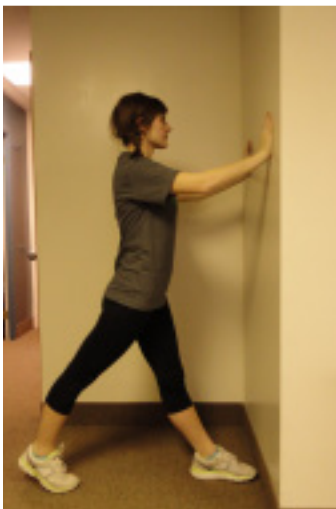


#### DESCRIPTION

LEANING UP AGAINST A WALL, BEND YOUR KNEES AND SLIDE YOUR BODY DOWNWARD UNTIL YOUR LEGS ARE PARALLEL WITH THE FLOOR AND THEN RETURN BACK TO THE UPRIGHT POSITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS

### 2. LUNGE



#### DESCRIPTION

START WITH YOUR TOE UP AGAINST A WALL AND YOUR OTHER LEG EXTENDED BACK BEHIND YOU. DROP STRAIGHT DOWN INTO A LUNGE BY BENDING YOUR KNEE. TRY TO KEEP YOUR KNEE OVER YOUR TOES AND DON'T LET YOUR KNEE TOUCH THE WALL. USE THE MUSCLES IN YOUR LEGS AND HIPS TO RETURN TO THE STARTING POSITION.

REFER TO YOUR SCHEDULE FOR SET AND REPS



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