

# STOX

## 21DAY-CHALLENGE

Stay fit and vital! Train so that after 21 days you can run 5KM.

#STOXCHALLENGE  
@STOXENERGY



<b>DAY 1</b> Run: 2 min, walk 1 min, repeat 8x	<b>DAY 2</b> <b>REST</b>	<b>DAY 3</b> Run: 3 min, walk 2 min, repeat 5x	<b>DAY 4</b> <b>REST</b>	<b>DAY 5</b> Run: 3 min, walk 1 min, repeat 6x
<b>DAY 6</b> <b>REST</b>	<b>DAY 7</b> Run: 3.2 KM, walk in between if necessary	<b>DAY 8</b> Run: 5 min, walk 3 min, repeat 3x	<b>DAY 9</b> <b>REST</b>	<b>DAY 10</b> Run: 5 min, walk 1 min, repeat 5x
<b>DAY 11</b> <b>REST</b>	<b>DAY 12</b> Run: 8 min, walk 5 min, repeat 2x	<b>DAY 13</b> <b>REST</b>	<b>DAY 14</b> Run: 4 KM, walk in between if necessary	<b>DAY 15</b> Run: 10 min, walk 5 min, repeat 2x
<b>DAY 16</b> <b>REST</b>	<b>DAY 17</b> Run: 25 min, walk in between if necessary	<b>DAY 18</b> <b>REST</b>	<b>DAY 19</b> Run: 10 min, walk 5 min, repeat 2x	<b>DAY 20</b> <b>REST</b>
<b>DAY 21</b> <b>RUN 5 KM</b>				