

STOX

21DAY-CHALLENGE

Stay fit and vital! Train so that after 21 days you can run 10KM.

#STOXCHALLENGE
@STOXENERGY



DAY 1 Run: 4 min, walk 2 min, repeat 8x	DAY 2 REST	DAY 3 Run: 6 min, walk 4 min, repeat 5x	DAY 4 REST	DAY 5 Run: 6 min, walk 2 min, repeat 6x
DAY 6 REST	DAY 7 Run: 6.4 KM, walk in between if necessary	DAY 8 Run: 10 min, walk 6 min, repeat 3x	DAY 9 REST	DAY 10 Run: 10 min, walk 2 min, repeat 5x
DAY 11 REST	DAY 12 Run: 16 min, walk 10 min, repeat 2x	DAY 13 REST	DAY 14 Run: 8 KM, walk in between if necessary	DAY 15 Run: 20 min, walk 10 min, repeat 2x
DAY 16 REST	DAY 17 Run: 50 min, walk in between if necessary	DAY 18 REST	DAY 19 Run: 20 min, walk 10 min, repeat 2x	DAY 20 REST
DAY 21 RUN 10 KM				