

# C25K Grad, first 5k in 1.5 weeks! Help!

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Hi All,

I finished C25K about three weeks ago and I have been doing the one hour runner program.

I actually took two weeks to do the first one week of the one hour runner without meaning to. Anyway, I am on W2D2 for my next run. The last 4 runs have been bad. I feel like I am going slower and it is getting harder. What is happening? I used to love to do my runs, I looked forward to them and could see my progress which kept me motivated. Is it because I accidently slacked off and took two weeks to complete the first three runs of the one hour runner program when I should have only taken one week? I am doing my first 5k in a week and a half and I want it to be a good experience. I am picking up the pace and making sure that I do my three runs per week and I am going to try to start walking on my off days. Any other advice? I feel like I have hit a motivational wall ever since I finished the c25k program.

I was so PUMPED while I was on it. What happened?