



Couch 2 5K

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25-Apr	5 Min Walk 60 Sec Run/ 90 Sec Walk (x8)	Rest/Cross Training	5 Min Walk 60 Sec Run/ 90 Sec Walk (x8)	Rest/Cross Training	Rest/Cross Training	5 Min Walk 60 Sec Run/ 90 Sec Walk (x8)	Rest/Cross Training
2-May	5 Min Walk 90 Sec Run/ 2 min Walk (x6)	Rest/Cross Training	5 Min Walk 90 Sec Run/ 2 min Walk (x6)	Rest/Cross Training	Rest/Cross Training	5 Min Walk 90 Sec Run/ 2 min Walk (x6)	Rest/Cross Training
9-May	5 Min Walk 2 min Run/ 4 min Walk (x4)	Rest/Cross Training	5 Min Walk 2 min Run/ 4 min Walk (x4)	Rest/Cross Training	Rest/Cross Training	5 Min Walk 2 min Run/ 4 min Walk (x4)	Rest/Cross Training
16-May	3 Min Walk 3 min Run/ 2 min Walk (x4)	Rest/Cross Training	3 Min Walk 3 min Run/ 2 min Walk (x4)	Rest/Cross Training	Rest/Cross Training	3 Min Walk 3 min Run/ 2 min Walk (x4)	Rest/Cross Training
23-May	3 Min Walk 5 min Run/ 3 min Walk (x3)	Rest/Cross Training	3 Min Walk 5 min Run/ 3 min Walk (x3)	Rest/Cross Training	Rest/Cross Training	5 Min Walk 10 min Run 5 min Walk	Rest/Cross Training
30-May	3 Min Walk 6 min Run/ 3 min Walk (x3)	Rest/Cross Training	3 Min Walk 6 min Run/ 3 min Walk (x3)	Rest/Cross Training	Rest/Cross Training	5 Min Walk 15 min Run 5 min Walk	Rest/Cross Training
6-Jun	5 Min Walk 10 min Run/ 2 min Walk (x2)	Rest/Cross Training	5 Min Walk 10 min Run/ 2 min Walk (x2)	Rest/Cross Training	Rest/Cross Training	5 min Walk 20 Min Run 5 min Walk	Rest/Cross Training
13-Jun	5 min Walk 25 Min Run 5 min Walk	Rest/Cross Training	5 min Walk 20-25 Min Run 5 min Walk	Rest/Cross Training	Rest/Cross Training	Race Day! 5K Run/Walk as comfortable	REST AND CONGRATS!! !!