


**2018 Summer
Couch to 5K Program**

Training:
Monday 6:30 PM
Thursday 6:30 PM

| Week | Week Starting | Monday | Thursday | Saturday (on your own) |
|------|---------------|---|---|--|
| 1 | 14-May | Brisk five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk 5 minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 20 minutes. |
| 2 | 21-May | Brisk 5 minute warmup walk. Then alternate 60 seconds of jogging and 60 seconds of walking for a total of 20 minutes. | Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes | Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes |
| 3 | 28-May | Brisk five-minute warmup walk, then do four repetitions of the following: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 3 minutes | Brisk five-minute warmup walk, then do four repetitions of the following: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 3 minutes | Brisk five-minute warmup walk, then do four repetitions of the following: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 3 minutes |
| 4 | 4-Jun | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes |
| 5 | 11-Jun | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 8 minutes • Walk 5 minutes • Jog 8 minutes | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 8 minutes • Walk 3 minutes • Jog 5 minutes | Brisk five-minute warmup walk, then jog two miles with no walking (20 minutes). |
| 6 | 18-Jun | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 11 minutes • Walk 3 minutes • Jog 11 minutes | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 11 minutes • Walk 3 minutes • Jog 11 minutes | Brisk five-minute warmup walk, then jog 2-1/4 miles (or 23 minutes). |
| 7 | 25-Jun | Brisk five-minute warmup walk, then jog 2-1/4 miles (or 23 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 26 minutes). | Brisk five-minute warmup walk, then jog 2-1/4 miles (or 23 minutes). |
| 8 | 2-Jul | Brisk five-minute warmup walk, then jog 2.75 miles (or 29 minutes). | <div style="background-color: red; color: white; padding: 5px; display: inline-block;"> WEDNESDAY JULY 4th RACE DAY </div>  | |