

2017 Jingle Bell 5K
Couch to 5K Program

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

Week	Week Starting	Monday	Thursday	Saturday (on your own)
1	16-Oct	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	23-Oct	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	30-Oct	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	6-Nov	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	13-Nov	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	20-Nov	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	27-Nov	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	4-Dec	Brisk five-minute warmup walk, then jog 2.75 miles (or 29 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 32 minutes).	Race Day!! 