


Madisonville 5K

Couch to 5K Program

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

Week	Week Starting	Monday	Thursday	Saturday (on your own)
1	17-Jul	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	24-Jul	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	31-Jul	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	7-Aug	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	14-Aug	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	21-Aug	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	28-Aug	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-Sep	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).	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: red; color: white; padding: 5px;">Race Day!!</div>  </div>