

## Tunnel to Towers 5K

### Couch to 5K Program

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

Week	Week Starting	Monday	Thursday	Saturday (on your own)
1	24-Jul	Brisk five minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>90</b> seconds of walking for a total of 20 minutes.	Brisk five minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>90</b> seconds of walking for a total of 20 minutes.	Brisk 5 minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>60</b> seconds of walking for a total of 20 minutes.
2	31-Jul	Brisk 5 minute warmup walk. Then alternate <b>60</b> seconds of jogging and <b>60</b> seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk, then do <b>two</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 90 seconds</li> <li>• Walk 90 seconds</li> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warmup walk, then do <b>two</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 90 seconds</li> <li>• Walk 90 seconds</li> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>
3	7-Aug	Brisk five-minute warmup walk, then do <b>four</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warmup walk, then do <b>four</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warmup walk, then do <b>four</b> repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> </ul>
4	14-Aug	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> </ul>
5	21-Aug	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 8 minutes</li> <li>• Walk 5 minutes</li> <li>• Jog 8 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 8 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> </ul>	Brisk five-minute warmup walk, then jog two miles with no walking (20 minutes).
6	28-Aug	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 11 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 11 minutes</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 11 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 11 minutes</li> </ul>	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 23 minutes).
7	4-Sep	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	11-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).	<b>Race Day!!</b>  