

COUCH TO 5K

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 1	20:00	REST DAY	25:00	CROSSTRAIN	30:00	ACTIVE RECOVERY	30:00	TOTAL TIME 1:45:00
	4 X [4:00 WALK/ 1:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	5 X [4:00 WALK/ 1:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	6 X [3:30 WALK/ 1:30 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	6 X [3:00 WALK/ 2:00 JOG] Foam Roll/Stretch	WALK/JOG TIME 75/30
WEEK 2	25:00	REST DAY	30:00	CROSSTRAIN	25:00	ACTIVE RECOVERY	35:00	TOTAL TIME 1:55:00
	5 X [4:00 WALK/ 1:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	6 X [3:30 WALK/ 1:30 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	5 X [2:30 WALK/ 2:30 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	7 X [3:00 WALK/ 2:00 JOG] Foam Roll/Stretch	WALK/JOG TIME 74.5/40.5
WEEK 3	25:00	REST DAY	30:00	CROSSTRAIN	30:00	ACTIVE RECOVERY	40:00	TOTAL TIME 2:05:00
	5 X [3:30 WALK/ 1.30 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	6 X [3:00 WALK/ 2:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	6 X [2:00 WALK/ 3:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	8 X [2.5 WALK/ 2.5 JOG] Foam Roll/Stretch	WALK/JOG TIME 67.5/57.5
WEEK 4 RECOVERY	20:00	REST DAY	25:00	CROSSTRAIN	ACTIVE RECOVERY	REST DAY	30:00	TOTAL TIME 1:15:00
	4 X [1:00 WALK/ 4:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	5 X [2:00 WALK/ 3:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	HYDRATE, STRETCH, AND RELAX TODAY!	5 X [1:00 WALK/ 5:00 JOG] Foam Roll/Stretch	WALK/JOG TIME 19/56

WEEK 5	30:00	REST DAY	36 MINUTES	CROSSTRAIN	40 MINUTES	ACTIVE RECOVERY	42 MINUTES	TOTAL TIME 2:28:00
	5 X [1:00 WALK/ 5:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	9 X [0:30 WALK/ 3:30 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	4 X [2:00 WALK/ 8:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	6 X [1:00 WALK/ 6:00 JOG] Foam Roll/Stretch	WALK/JOG TIME 23.5/124.5
WEEK 6	36 MINUTES	REST DAY	40.5 MINUTES	CROSSTRAIN	37.5 MINUTES	ACTIVE RECOVERY	45 MINUTES	TOTAL TIME 2:39:00
	6 X [1:00 WALK/ 5:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	9 X [0:30 WALK/ 4:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	3 X [2:30 WALK/ 10:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	5 X [1:30 WALK/ 7:30 JOG] Foam Roll/Stretch	WALK/JOG TIME 25.5/133.5
WEEK 7	35:00	REST DAY	44 MINUTES	CROSSTRAIN	45 MINUTES	ACTIVE RECOVERY	52 MINUTES	TOTAL TIME 2:56:00
	5 X [1:00 WALK/ 6:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	8 X [0:30 WALK/ 5:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	3 X [3:00 WALK/ 12:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	4 X [2:00 WALK/ 11:00 JOG] Foam Roll/Stretch	WALK/JOG TIME 26/150
WEEK 8 RECOVERY	32 MINUTES	REST DAY	35:00	CROSSTRAIN	ACTIVE RECOVERY	REST DAY	36 MINUTES	TOTAL TIME 1:43:00
	4 X [1:00 WALK/ 7:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	5 X [0:30 WALK/ 6:30 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	HYDRATE, STRETCH, AND RELAX TODAY!	2 X [3:00 WALK/ 15:00 JOG] Foam Roll/Stretch	WALK/JOG TIME 12.5/90.5
WEEK 9	28 MINUTES	REST DAY	42 MINUTES	CROSSTRAIN	48 MINUTES	ACTIVE RECOVERY	50 MINUTES	TOTAL TIME 2:48:00
	2 X [1:00 WALK/ 13:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	4 X [0:30 WALK/ 10:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	3 X [1:00 WALK/ 15:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	10:00 WALK/ 20:00 JOG/ 5:00 WALK/ 15:00 JOG Foam Roll/Stretch	WALK/JOG TIME 22/146

WEEK 10	32 MINUTES	REST DAY	50 MINUTES	CROSSTRAIN	63 MINUTES	ACTIVE RECOVERY	59 MINUTES	TOTAL TIME 3:24:00
	2 X [1:00 WALK/ 15:00 JOG]	HYDRATE, STRETCH, AND RELAX TODAY!	4 X [0:30 WALK/ 12:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	3 X [1:00 WALK/ 20:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	10:00 WALK/ 25:00 JOG/ 2:00 WALK/ 20:00 JOG/ 2:00 WALK Foam Roll/Stretch	WALK/JOG TIME 21/204
WEEK 11 TAPER 1	25:00	REST DAY	35:00	CROSSTRAIN	48 MINUTES	ACTIVE RECOVERY	35:00	TOTAL TIME 2:23:00
	25:00	HYDRATE, STRETCH, AND RELAX TODAY!	2 X [0:30 WALK/ 17:00 JOG] Foam Roll/Stretch	YOUR CHOICE! STRENGTH, BIKE, WALK TRY TO GET OUTSIDE AND MIX IT UP FOR 30-60 MINUTES	3 X [1:00 WALK/ 15:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	35:00 Foam Roll/Stretch	WALK/JOG TIME 4/139
WEEK 12 RACE WEEK	31 MINUTES	ACTIVE RECOVERY	30:00	REST DAY	10 MINUTES	RACE DAY	PARTY DAY!	TOTAL TIME 1:11:00
	2 X [0:30 WALK/15:00 JOG]	15:00 YOUR CHOICE! FOAM ROLL STRETCH YOGA	5:00 WALK/ 20:00 JOG/ 5:00 WALK Foam Roll/Stretch	HYDRATE, STRETCH, AND RELAX TODAY!	10:00	5K RACE Warm-up prior to race with 5:00 walking/5:00 easy running. At the start of the race – go out SLOW . Stay in control. After the first mile you can pick it up. Attempt to run the second half of the race faster than the first half. (Negative split)	DRINK MARGARITAS!	WALK/JOG TIME 11/60