

2019 COUCH to 5K TRAINING PLAN

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30-Jun	WEEK 1			TRACK WOD OPTIONAL				60 Sec Jog 2 Min Walk Repeat 7 times
7-Jul	WEEK 2	STRETCH AND STRENGTH	60 Sec Jog / 90 Sec Walk Repeat 6 times	4X400	60 Sec Jog 90 Sec Walk Repeat 7 times	1 Min Uphill Jog Recover downhill Repeat 5 times	REST	60 Sec Jog 90 Sec Walk Repeat 8 times
14-Jul	WEEK 3	STRETCH AND STRENGTH	60 Sec Jog / 60 Sec Walk Repeat 7 times	LADDER 400/800/1200	60 Sec Jog 60 Sec Walk Repeat 8 times	1 Min Uphill Jog Recover downhill Repeat 5 times	REST	90 Sec Jog 90 Sec Walk Repeat 8 times
21-Jul	WEEK 4	STRETCH AND STRENGTH	90 Sec Jog / 90 Sec Walk 3 Min Jog/3 Min Walk Repeat 2 times	2X800	90 Sec Jog / 90 Sec Walk 3 Min Jog/3 Min Walk Repeat 3 times	2 Min Uphill Jog Recover downhill Repeat 5 times	REST	90 Sec Jog / 90 Sec Walk 3 Min Jog/3 Min Walk Repeat 4 times
28-Jul	WEEK 5	STRETCH AND STRENGTH	Jog 5 Min / Walk 3 Min Jog 5 Min / Walk 3 Min Jog 5 Min	5x400	Jog 3 Min / Walk 90 Sec Jog 5 Min / Walk 2-1/2 min Jog 3 Min / Walk 90 Sec	2 Min Uphill Jog Recover downhill Repeat 5 times	REST	Jog 3 Min / Walk 90 Sec Jog 5 Min / Walk 2-1/2 min * Jog 3 Min / Walk 90 Sec / Jog 4 Min
4-Aug	WEEK 6	STRETCH AND STRENGTH	Jog 5 Min Walk 3 Min Jog 5 Min	LADDER 400/800/1200	Jog 7 Min Walk 5 Min Jog 7 Min	2 Min Uphill Jog Recover downhill Repeat 6 times	REST	Jog 10 Minutes Walk 3 Min Repeat 2 times
11-Aug	WEEK 7	STRETCH AND STRENGTH	Jog 5 Min / Walk 3 Min Jog 8 Min / Walk 4 Min Jog 5 Min	3x800	Jog 5 Min / Walk 3 Min Jog 8 Min / Walk 4 Min Jog 5 Min	2-1/2 Min Uphill Jog Recover downhill Repeat 5 times	REST	Jog 20 Minutes NO Walking
18-Aug	WEEK 8	STRETCH AND STRENGTH	Jog 10 Min/Walk 4 Min Jog 10 Min/Walk 3 Min Jog 5 Min	6x400	Jog 12 Min/Walk 4 Min Jog 12 Min/Walk 3 Min Jog 5 Min	2-1/2 Min Uphill Jog Recover downhill Repeat 5 times	REST	Jog 25 Minutes NO Walking
25-Aug	WEEK 9	STRETCH AND STRENGTH	Jog 1 Mile Walk 5 Minutes Jog 1 Mile	LADDER 400/800/1200	Jog 1 Mile Walk 5 Minutes Jog 1 Mile	2-1/2 Min Uphill Jog Recover downhill Repeat 5 times	REST	Jog 30 Minutes NO Walking
1-Sep	WEEK 10	STRETCH AND STRENGTH	Jog 1-1/2 Miles Walk 5 Minutes Jog 1-1/2 Miles	3x800	Jog 1-1/2 Miles Walk 5 Minutes Jog 1-1/2 Miles	Jog Main Street hill a total of 4 times <i>Recover as needed</i>	REST	Jog 2 Miles Walk 5 Minutes Jog 5 Minutes
8-Sep	WEEK 11	STRETCH AND STRENGTH	Jog 2 Miles Walk 5 Minutes Jog 1 Mile	5x400	Jog 2 Miles Walk 5 Minutes Jog 1 Mile	Jog Main Street hill a total of 4 times <i>Recover as needed</i>	REST	Jog 2-1/2 Miles
15-Sep	WEEK 12	STRETCH AND STRENGTH	Jog 2 Miles	Walk 30 minutes	Jog 2 Miles	Jog for 15 Minutes	REST	RACE DAY