

Training Plan

Couch to Color Run							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run 1 Minute Walk 2 Minute; 8x	REST	Run 1 Minute Walk 2 Minute; 8x	REST	Run 1 Minute Walk 2 Minute; 8x	20 Minute walk	REST
2	Run 2 Minute Walk 1 Minute; 8x	REST	Run 4 Minute Walk 2 Minute; 4x	REST	Run 4 Minute Walk 2 Minute; 4x	20 Minute walk	REST
3	Run 6 Minutes Walk 2 Minutes; 3x	REST	Run 6 Minute Walk 2 Minute; 3x	REST	Run 8 Minute Walk 2 Minute; 3x	20 Minute walk	REST
4	Run 10 Minutes Walk 2 Minutes; 2x	REST	Run 12 Minute Walk 2 Minute; 2x	REST	Run 12 Minute Walk 2 Minute; 2x	30 Minute walk	REST
5	Run 15 Minutes Walk 2 Minutes; 2x	REST	Run 10 Minute Walk 2 Minute; 3x	REST	Run 20 Minute	30 Minute walk	REST
6	Run 20 Minutes	REST	Run 20 Minutes	REST	You have reached your goal: RUN 1.5 miles		

Char adapted from :

Northside Hospital, Duluth (Ed.). (2014, January 14). Winter fitness reboot:

Couch to 5K. Retrieved March 23, 2020, from everydaywellness.org website:

<https://www.everydaywellness.org/community-health/blog/>

Winter-Fitness-Reboot-Couch-To-5K

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Track your progress

***To reach your goal, write what you do each day!**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6					You have reached your goal: RUN 1.5 miles		