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Cantrell Wellness Center

“Couch” to 5K


8 Week Training Plan

Designed by: **Jason Barker**
Director of Cantrell Wellness Center



34th Annual Macon Labor Day Road Race 5K/10K/Fun Run

IMPORTANT: Begin with a 5 minute warm-up / end with a 5 minute cool-down!!!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Week 1	11-Jul Rest	12-Jul Run 1 min Walk 2 min (4 times)	13-Jul Rest	14-Jul Run 1 min Walk 2 min (4 times)	15-Jul Rest	16-Jul Run 1 min Walk 2 min (5 times)	17-Jul Rest		
Week 2	18-Jul Rest	19-Jul Run 1 min Walk 2 min (5 times)	20-Jul Rest	21-Jul Run 2 min Walk 4 min (3 times)	22-Jul Rest	23-Jul Run 2 min Walk 4 min (4 times)	24-Jul Crosstrain/ Walk 20 min		
Week 3	25-Jul Rest	26-Jul Run 2 min Walk 4 min (4 times)	27-Jul Rest	28-Jul Run 3 min Walk 4 min (4 times)	29-Jul Rest	30-Jul Run 3 min Walk 4 min (5 times)	31-Jul Rest		
Week 4	01-Aug Rest	02-Aug Run 3 min Walk 3 min (5 times)	03-Aug Rest	04-Aug Run 4 min Walk 3 min (5 times)	05-Aug Rest	06-Aug Run 4 min Walk 2 min (5 times)	07-Aug Crosstrain/ Walk 20 min		
Week 5	08-Aug Rest	09-Aug Run 5 min Walk 2 min (5 times)	10-Aug Rest	11-Aug Run 5 min Walk 2 min (5 times)	12-Aug Rest	13-Aug Run 6 min Walk 2 min (4 times)	14-Aug Rest		
Week 6	15-Aug Rest	16-Aug Run 6 min Walk 2 min (4 times)	17-Aug Rest	18-Aug Run 7 min Walk 2 min (3 times)	19-Aug Rest	20-Aug Run 7 min Walk 2 min (3 times)	21-Aug Crosstrain/ Walk 20 min		
Week 7	22-Aug Rest	23-Aug Run 8 min Walk 2 min (3 times)	24-Aug Rest	25-Aug Run 8 min Walk 2 min (3 times)	26-Aug Rest	27-Aug Run 9 min Walk 2 min (3 times)	28-Aug Rest		
Week 8	29-Aug Rest	30-Aug Run 9 min Walk 2 min (3 times)	31-Aug Rest	01-Sept Run 10 min Walk 4 min (2 times)	02-Sept Rest	03-Sept Run 9 min Walk 4 min (2 times)	04-Sept 20 Min. Walk		
Race Week	05-Sept Rest	06-Sept  Run 10 Walk 2 min (3 times)	Don't Forget to Stretch!					Cross-training: Swimming, Biking, Elliptical, Aerobics, etc.	