



www.cantrellcenter.com  
478-333-6777

# Cantrell Wellness Center

## “Couch” to 5K

### 8 Week Walking 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	
<b>Week 1</b>	<b>11-Jul</b> Rest	<b>12-Jul</b> 10 Min. Walk	<b>13-Jul</b> 12 Min. Walk	<b>14-Jul</b> Rest	<b>15-Jul</b> 15 Min. Walk	<b>16-Jul</b> Rest	<b>17-Jul</b> 20 Min. Walk	
<b>Week 2</b>	<b>18-Jul</b> Rest	<b>19-Jul</b> 15 Min. Walk	<b>20-Jul</b> 20 Min. Walk	<b>21-Jul</b> Rest	<b>22-Jul</b> 20 Min. Walk	<b>23-Jul</b> Rest	<b>24-Jul</b> 25 Min. Walk	
<b>Week 3</b>	<b>25-Jul</b> Rest	<b>26-Jul</b> 20 Min. Walk	<b>27-Jul</b> 25 Min. Walk	<b>28-Jul</b> Rest	<b>29-Jul</b> 25 Min. Walk	<b>30-Jul</b> Rest	<b>31-Jul</b> 30 Min. Walk	
<b>Week 4</b>	<b>01-Aug</b> Rest	<b>02-Aug</b> 25 Min. Walk	<b>03-Aug</b> 30 Min. Walk	<b>04-Aug</b> Rest	<b>05-Aug</b> 30 Min. Walk	<b>06-Aug</b> Rest	<b>07-Aug</b> 35 Min. Walk	
<b>Week 5</b>	<b>08-Aug</b> Rest	<b>09-Aug</b> 30 Min. Walk	<b>10-Aug</b> 35 Min. Walk	<b>11-Aug</b> Rest	<b>12-Aug</b> 35 Min. Walk	<b>13-Aug</b> Rest	<b>14-Aug</b> 40 Min. Walk	
<b>Week 6</b>	<b>15-Aug</b> Rest	<b>16-Aug</b> 35 Min. Walk	<b>17-Aug</b> 40 Min. Walk	<b>18-Aug</b> Rest	<b>19-Aug</b> 40 Min. Walk	<b>20-Aug</b> Rest	<b>21-Aug</b> 45 Min. Walk	
<b>Week 7</b>	<b>22-Aug</b> Rest	<b>23-Aug</b> 40 Min. Walk	<b>24-Aug</b> 45 Min. Walk	<b>25-Sept</b> Rest	<b>26-Sept</b> 45 Min. Walk	<b>27-Sept</b> Rest	<b>28-Sept</b> 50 Min. Walk	
<b>Week 8</b>	<b>29-Aug</b> Rest	<b>30-Aug</b> 45 Min. Walk	<b>31-Aug</b> 50 Min. Walk	<b>01-Sept</b> Rest	<b>02-Sept</b> 50 Min. Walk	<b>03-Sept</b> Rest	<b>04-Sept</b> 20 Min. Walk	
<b>Race Week</b>	<b>05-Sept</b> Rest	<b>06-Sept</b> 	<b><i>Don't Forget to Stretch!</i></b>					