



# “Couch” to 5K 8 Week Training Plan Cantrell Wellness Center

## 4th Annual Cantrell Center 5K and 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>01-Jan</b> Rest	<b>02-Jan</b> Run 1 min Walk 2 min (4 times)	<b>03-Jan</b> Rest	<b>04-Jan</b> Run 1 min Walk 2 min (4 times)	<b>05-Jan</b> Rest	<b>06-Jan</b> Run 1 min Walk 2 min (5 times)	<b>07-Jan</b> Rest
<b>Week 2</b>	<b>08-Jan</b> Rest	<b>09-Jan</b> Run 1 min Walk 2 min (5 times)	<b>10-Jan</b> Rest	<b>11-Jan</b> Run 2 min Walk 4 min (3 times)	<b>12-Jan</b> Rest	<b>13-Jan</b> Run 2 min Walk 4 min (4 times)	<b>14-Jan</b> Crosstrain/ Walk 20 min
<b>Week 3</b>	<b>15-Jan</b> Rest	<b>16-Jan</b> Run 2 min Walk 4 min (4 times)	<b>17-Jan</b> Rest	<b>18-Jan</b> Run 3 min Walk 4 min (4 times)	<b>19-Jan</b> Rest	<b>20-Jan</b> Run 3 min Walk 4 min (5 times)	<b>21-Jan</b> Rest
<b>Week 4</b>	<b>22-Jan</b> Rest	<b>23-Jan</b> Run 3 min Walk 3 min (5 times)	<b>24-Jan</b> Rest	<b>25-Jan</b> Run 4 min Walk 3 min (5 times)	<b>26-Jan</b> Rest	<b>27-Jan</b> Run 4 min Walk 2 min (5 times)	<b>28-Jan</b> Crosstrain/ Walk 20 min
<b>Week 5</b>	<b>29-Jan</b> Rest	<b>30-Jan</b> Run 5 min Walk 2 min (5 times)	<b>31-Jan</b> Rest	<b>01-Feb</b> Run 5 min Walk 2 min (5 times)	<b>02-Feb</b> Rest	<b>03-Feb</b> Run 6 min Walk 2 min (4 times)	<b>04-Feb</b> Rest
<b>Week 6</b>	<b>05-Feb</b> Rest	<b>06-Feb</b> Run 6 min Walk 2 min (4 times)	<b>07-Feb</b> Rest	<b>08-Feb</b> Run 7 min Walk 2 min (3 times)	<b>09-Feb</b> Rest	<b>10-Feb</b> Run 7 min Walk 2 min (3 times)	<b>11-Feb</b> Crosstrain/ Walk 20 min
<b>Week 7</b>	<b>12-Feb</b> Rest	<b>13-Feb</b> Run 8 min Walk 2 min (3 times)	<b>14-Feb</b> Rest	<b>15-Feb</b> Run 8 min Walk 2 min (3 times)	<b>16-Feb</b> Rest	<b>17-Feb</b> Run 9 min Walk 2 min (3 times)	<b>18-Feb</b> Rest
<b>Week 8</b>	<b>19-Feb</b> Rest	<b>20-Feb</b> Run 9 min Walk 2 min (3 times)	<b>21-Feb</b> Rest	<b>22-Feb</b> Run 10 min Walk 4 min (2 times)	<b>23-Feb</b> 20 Min. Walk	<b>24-Feb</b> Rest	<b>25-Feb</b> Cantrell Center 5K Run 10 min Walk 2 min (3 times)

**Remember to Stretch After Warm-up & Cool-down!**

**Cross-training = Swimming,  
 Biking, Elliptical, Aerobics, etc.**

*“Couch” to 5k Training Plan designed by: Jason Barker*

