




“Couch” to 5K

8 Week Walking Program

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
Week 1	01-Jan Rest	02-Jan 10 Min. Walk	03-Jan 12 Min. Walk	04-Jan Rest	05-Jan 15 Min. Walk	06-Jan Rest	07-Jan 20 Min. Walk
Week 2	08-Jan Rest	09-Jan 15 Min. Walk	10-Jan 20 Min. Walk	11-Jan Rest	12-Jan 20 Min. Walk	13-Jan Rest	14-Jan 25 Min. Walk
Week 3	15-Jan Rest	16-Jan 20 Min. Walk	17-Jan 25 Min. Walk	18-Jan Rest	19-Jan 25 Min. Walk	20-Jan Rest	21-Jan 30 Min. Walk
Week 4	22-Jan Rest	23-Jan 25 Min. Walk	24-Jan 30 Min. Walk	25-Jan Rest	26-Jan 30 Min. Walk	27-Jan Rest	28-Jan 35 Min. Walk
Week 5	29-Jan Rest	30-Jan 30 Min. Walk	31-Jan 35 Min. Walk	01-Feb Rest	02-Feb 35 Min. Walk	03-Feb Rest	04-Feb 40 Min. Walk
Week 6	05-Feb Rest	06-Feb 35 Min. Walk	07-Feb 40 Min. Walk	08-Feb Rest	09-Feb 40 Min. Walk	10-Feb Rest	11-Feb 45 Min. Walk
Week 7	12-Feb Rest	13-Feb 40 Min. Walk	14-Feb 45 Min. Walk	15-Feb Rest	16-Feb 45 Min. Walk	17-Feb Rest	18-Feb 50 Min. Walk
Week 8	19-Feb Rest	20-Feb 45 Min. Walk	21-Feb 50 Min. Walk	22-Feb Rest	23-Feb 50 Min. Walk	24-Feb Rest	25-Feb  Cantrell Center 5K & fun run your community. your health. your life.

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

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



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