



# ***COUCH TO COMPLETION***

## ***Fun Family Fitness Program!***

*The following is a 3 day a week 5k training schedule for the 9 weeks leading up to the race.*

### **Week 1: April 18- April 24**

<p>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</p>	<p>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</p>	<p>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</p>
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### **Week 2: April 25 – May 1**

<p>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</p>	<p>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</p>	<p>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</p>
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### **Week 3: May 2 – May 8**

<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> <li>• Jog 200 yards (or 90 seconds)</li> <li>• Walk 200 yards (or 90 seconds)</li> <li>• Jog 400 yards (or 3 minutes)</li> <li>• Walk 400 yards (or three minutes)</li> </ul>
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### **Week 4: May 9 – May 15**

<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 2-1/2 minutes)</li> <li>• Jog 1/4 mile (or 3 minutes)</li> <li>• Walk 1/8 mile (or 90 seconds)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>
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### **Week 5: May 16- May 22**

Brisk five-minute warmup walk, then: <ul style="list-style-type: none"><li>• Jog 1/2 mile (or 5 minutes)</li><li>• Walk 1/4 mile (or 3 minutes)</li><li>• Jog 1/2 mile (or 5 minutes)</li><li>• Walk 1/4 mile (or 3 minutes)</li><li>• Jog 1/2 mile (or 5 minutes)</li></ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"><li>• Jog 3/4 mile (or 8 minutes)</li><li>• Walk 1/2 mile (or 5 minutes)</li><li>• Jog 3/4 mile (or 8 minutes)</li></ul>	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
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### **Week 6: May 23- May 29**

Brisk five-minute warmup walk, then: <ul style="list-style-type: none"><li>• Jog 1/2 mile (or 5 minutes)</li><li>• Walk 1/4 mile (or 3 minutes)</li><li>• Jog 3/4 mile (or 8 minutes)</li><li>• Walk 1/4 mile (or 3 minutes)</li><li>• Jog 1/2 mile (or 5 minutes)</li></ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"><li>• Jog 1 mile (or 10 minutes)</li><li>• Walk 1/4 mile (or 3 minutes)</li><li>• Jog 1 mile (or 10 minutes)</li></ul>	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.
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### **Week 7: May 30 – June 5**

Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
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### **Week 8: June 6 – June 12**

Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
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### **Week 9: June 13 – June 19**

Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).
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**RACE DAY!!! SATURDAY, JUNE 20<sup>TH</sup>!!!**