



RUN TO REMEMBER

10K, 5K, & 1Mile Kids Run

Saturday, May 26 Brookhaven, MS runolebrook.com



10 Week Couch to 5K Training Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Run 1 min Walk 2 mins Repeat 5x	Rest	Run 1 min Walk 1 min Repeat 8x	Rest	Rest	Run 2 min Walk 1 min Repeat 5x	Rest
Week 2	Run 2 mins Walk 3 mins Repeat 4x	Rest	Run 1 min Walk 1 min Repeat 10x	Rest	Rest	Run 3 mins Walk 4 mins Repeat 3x	Rest
Week 3	Run 2 mins Walk 2 mins Repeat 5x	Rest	Run 3 mins Walk 3 mins Repeat 3x	Rest	Rest	Run 3 mins Walk 2 mins Repeat 3x	Rest
Week 4	Run 4 mins Walk 3 mins Repeat 3x	Rest	Run 1 min Walk 1 min Repeat 12x	Rest	Rest	Run 5 mins Walk 3 mins Repeat 3x	Rest
Week 5	Run 7 mins Walk 3 mins Repeat 3x	Rest	Run 3 mins Walk 2 mins Repeat 3x	Rest	Rest	Run 8 mins Walk 3 mins Repeat 3x	Rest
Week 6	Run 8 mins Walk 2 mins Repeat 3 x	Rest	Run 10 mins Walk 4 mins Repeat 2x	Rest	Rest	Run 1 min Walk 1 min Repeat 12x	Rest
Week 7	Run 12 mins Walk 3 mins Repeat 2x	Rest	Run 3 mins Walk 1 min Repeat 8x	Rest	Rest	Run 15 mins Walk 5 mins Repeat 2x	Rest
Week 8	Run 15 mins Walk 5 mins Repeat 2x	Rest	Run 2 miles	Rest	Rest	Run 1 min Walk 1 min Repeat 12x	Rest
Week 9	Run 7 mins Walk 2 mins Repeat 4x	Rest	Run 3 mins Walk 1 min Repeat 8x	Rest	Rest	Run 16 mins Walk 3 mins Repeat 2x	Rest
Week 10	Run 15 mins Walk 2 mins Repeat 2x	Rest	Run 10 mins Walk 2 mins Repeat 3x	Rest	Rest	RACE DAY!!	Rest

