

TRAINING PLAN: COUCH TO 5K

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Rest	1 mile jog/walk intervals. 2 min jog, 1 min walk	Rest or 20 min swim	1 mile jog/walk intervals. 2 min jog, 1 min walk	Rest or yoga	30 min jog/walk intervals. 3 min jog, 2 min walk	Rest or 20 min cycle
2	Rest	1.25 mile jog/walk intervals. 3 min jog, 1 min walk	Rest or 20 min swim	1.25 mile jog/walk intervals. 3 min jog, 1 min walk	Rest or yoga	40 min jog/walk intervals. 3 min jog, 2 min walk	Rest or 20 min cycle
3	Rest	1.75 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or 25 min swim	1.75 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or yoga	50 min jog/walk intervals. 4 min jog, 2 min walk	Rest or 30 min cycle
4	Rest	2.5 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or 25 min swim	2.5 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or yoga	30 min jog/walk intervals. 5 min jog, 2 min walk	Rest or 30 min cycle
5	Rest	3 mile jog/walk intervals. 5 min jog, 1 min walk	Rest or 25 min swim	3 mile jog/walk intervals. 5 min jog, 1 min walk	Rest or yoga	45 min jog/walk intervals. 5 min jog, 2 min walk	Rest or 40 min cycle
6	Rest	3.5 mile jog/walk intervals. 6 min jog, 1 min walk	Rest or 30 min swim	3.5 mile jog/walk intervals. 6 min jog, 1 min walk	Rest or yoga	40 min jog/walk intervals. 6 min jog, 2 min walk	Rest or 20 min cycle
7	Rest	4 mile jog/walk intervals. 7 min jog, 1 min walk	Rest or 30 min swim	2 mile jog/run	Rest	1 mile easy jog	Enjoy your 5K!!

Keena Schaerrer has over 13 years experience as a trainer and coach. She has guided over 500 athletes to success in all distances. As an experienced triathlete, trainer, coach, wife and mother of four children, Keena understands the effort, challenges and sacrifices involved in making and reaching goals. Visit www.coachkeena.com to learn more about Keena and her training programs.