



**WORKING FOR A
HEALTHIER TN**



COUCH to 5K – Elliptical Plan

Please consult a physician before starting any exercise routine

Week 1:

Day 1: *1/1 x 10
Day 2: 1/1 x 10
Day 3: 1/1 x 10
Day 4: 30 minutes cross training

Week 2:

Day 1: 1/1 x 11
Day 2: 1/1 x 11
Day 3: 1/1 x 11
Day 4: 30 minutes cross training

Week 3:

Day 1: 1/1 x 12
Day 2: 1/1 x 12
Day 3: 1/1 x 12
Day 4: 35 minutes cross training

Week 4:

Day 1: 2/1 x 7
Day 2: 2/1 x 7
Day 3: 2/1 x 8
Day 4: 35 minutes cross training

Week 5:

Day 1: 2/1 x 8
Day 2: 3/1 x 6
Day 3: 15 minutes
Day 4: 35 minutes cross training

Week 6:

Day 1: 3/1 x 6
Day 2: 3/1 x 6
Day 3: 20 minutes
Day 4: 40 minutes cross training

Week 7:

Day 1: 3/1 x 7
Day 2: 3/1 x 7
Day 3: 24 minutes
Day 4: 40 minutes cross training

Week 8:

Day 1: 3/1 x 8
Day 2: 3/1 x 8
Day 3: 27 minutes
Day 4: 45 minutes cross training

Week 9:

Day 1: 3/1 x 8
Day 2: 3/1 x 8
Day 3: 30 minutes
Day 4: 45 minutes cross training

Week 10:

Day 1: 3/1 x 8
Day 2: 3/1 x 8
Day 3: 30 minutes
Day 4: 45 minutes cross training

*1/1 x 10 = 1 minute run/1 minute walk x 10 (for a total of 20 minutes)

“Walking” intervals – a pace that is comfortable and you are able to talk pretty easily - a perceived exertion of about a 5 (on a scale of 1-10)

“Running” intervals – a pace where you are breathing deeply, but can still speak short sentences - maybe 70% of your max heart rate or about a 7 perceived exertion (on a scale of 1-10)

Cross training – any physical activity other than on an elliptical (bike, walk, run, swim, strength training, etc.)