



WORKING FOR A HEALTHIER TN



COUCH to 5K

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Off	3 miles	Strength Training	3 miles	Off	2 miles + Core Training	4 miles
2	Off	3 miles	Strength Training	2 miles	Off	2 miles + Core Training	5 miles
3	Off	3 miles	Strength Training	3 miles	Off	3 miles + Core Training	4 miles
4	Off	3 miles	Strength Training	4 miles	Off	3 miles + Core Training	6 miles
5	Off	4 miles	Strength Training	3 miles	Off	3 miles + Core Training	5 miles
6	Off	4 miles	Strength Training	3 miles	Off	4 miles + Core Training	6 miles
7	Off	4 miles	Strength Training	3 miles	Off	4 miles + Core Training	5 miles
8	Off	4 miles	Strength Training	3 miles	Off	4 miles + Core Training	6 miles
9	Off	4 miles	Strength Training	4 miles	Off	4 miles + Core Training	5 miles
10	Off	4 miles	Strength Training	3 miles	Off	4 miles + Core Training	6 miles
11	Off	4 miles	Strength Training	3 miles	Off	3 miles + Core Training	5 miles
12	Off	3 miles	Strength Training	Off	Off	2 miles + Core Training	RACE DAY