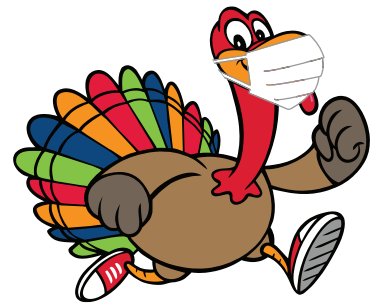


COUCH TO 5K TRAINING PLAN



| | THU | FRI | SAT | SUN | MON | TUE | WED |
|--------|--|------|--|------|--|--|------|
| WEEK 1 | Run 1 minute Walk 1 minute Repeat 10x | REST | Run 2 minutes Walk 4 minutes Repeat 5x | REST | REST | Run 2 minutes Walk 4 minutes Repeat 5x | REST |
| WEEK 2 | Run 3 minutes Walk 3 minutes Repeat 4x | REST | Run 3 minutes Walk 3 minutes Repeat 4x | REST | REST | Run 5 minutes Walk 3 minutes Repeat 3x | REST |
| WEEK 3 | Run 7 minutes Walk 2 minutes Repeat 3x | REST | Run 8 minutes Walk 2 minutes Repeat 3x | REST | REST | Run 8 minutes Walk 2 minutes Repeat 3x | REST |
| WEEK 4 | Run 8 minutes Walk 2 minutes Repeat 3x | REST | Run 10 minutes Walk 2 minutes Repeat 2x Run 5 minutes | REST | REST | Run 8 minutes Walk 2 minutes Repeat 3x | REST |
| WEEK 5 | Run 9 minutes Walk 1 minute Repeat 3x | REST | Run 12 minutes Walk 2 minute Repeat 2x Run 5 minutes | REST | REST | Run 8 minutes Walk 2 minutes Repeat 3x | REST |
| WEEK 6 | Run 15 minute Walk 1 minute Repeat 2x | REST | Run 8 minutes Walk 2 minutes Repeat 3x | REST | Run 8 minutes Walk 2 minutes Repeat 3x | REST | REST |
| | Thanksgiving RACE DAY | | | | | | |

This training plan is designed for runners doing the 5k on Thanksgiving Day, November 26.