A RUNNING EXPERIENCE CLUB

A Running Experience Club

"*Couch-to-5k*" Training Schedule for 2022 RUN IN THE NEW YEARS ON DECEMBER 31ST

Week #	Starting Date	Saturday	Sun.	Mon.	Tues.	Wed. - *AREC*	Thurs.	Fri.
1	10/22/22	20 mins. walk 2, run 2 x5	off	16 mins. walk 1, run 1 x8	XT	16 mins. walk 1, run 1 x8	XT	off
2	10/29/22	24 mins. walk 1, run 3 x6	off	20 mins. walk 2, run 2 x5	XT	20 mins. walk 2, run 2 x5	XT	off
3	11/05/22	28 mins. walk 2, run 5 x4	off	20 mins. walk 2, run 3 x4	XT	20 mins. walk 2, run 3 x4	XT	off
4	11/12/22	36 mins. walk 2, run 7 x4	off	24 mins. walk 2, run 4 x4	XT	20 mins. walk 2, run 4 x4	XT	off
5	11/19/22	39 mins. walk 3, run 10 x3	off	32 mins. walk 2, run 6 x4	XT	24 mins. walk 2, run 6 x4	XT	off
6	11/26/22	45 mins. walk 2, run 13 x3	off	32 mins. walk 2, run 6 x4	XT	24 mins. walk 2, run 4 x4	XT	off
7	12/03/22	51 mins. walk 2, run 15 x3	off	32 mins. walk 2, run 6 x4	XT	32 mins. walk 1, run 7 x4	XT	off
8	12/10/22	2.5 miles	off	2 miles	XT	2 miles	XT	off
9	12/17/22	3 miles	off	2.5 miles	XT	2.5 miles	XT	off
10	12/24/22	3.3 miles	off	3 miles	XT	1-2 miles	1-2 miles	off
11	12/31/22	**5K race!**						

Ex.: 20 mins. - walk 2, run 2x5 = 20 mins. total exercise, walking 2 mins, then running 2 mins and alternating 5 times.

The goal of this program is to go from beginner to completing a 5K without having to walk.
It may be modified to various fitness levels and weekly schedules.

Daily runs should be performed at 75-80% effort (not too hard, not too easy – able to carry on a conversation)

XT = Cross-training - swimming, biking, weight training, yoga, etc. (i.e. – slightly elevated heart rate, non-impact)