RunningDivaMom
www.RunningDivaMom.com

Training Program: Couch to 5K in 10 Weeks

Week	Workout 1	Workout 2	Workout 3
1	Five min warm up walk Alternate one min running; one min walking for 20 mins	Five min warm up walk Alternate one min running; one min walking for 20 mins	Five min warm up walk Alternate one min running; one min walking for 20 mins
2	Five min warm up walk Alternate two min running; one min walking for 30 mins	Five min warm up walk Alternate two min running; one min walking for 30 mins	Five min warm up walk Alternate two min running; one min walking for 30 mins
3	Five min warm up walk Alternate three min running; two min walking for 30 mins	Five min warm up walk Alternate three min running; two min walking for 30 mins	Five min warm up walk Alternate three min running; two min walking for 30 mins
4	Five min warm up walk Alternate five min running; two min walking for 30 min	Five min warm up walk Alternate five min running; two min walking for 30 min	Five min warm up walk Alternate five min running; two min walking for 30 min
5	Five min warm up walk Run 10 mins Walk 3 mins Run 10 mins	Five min warm up walk Run 10 mins Walk 3 mins Run 10 mins	Five min warm up walk Run 10 mins Walk 3 mins Run 10 mins
6	Five min warm up walk Run 20 mins	Five min warm up walk Run 20 mins	Five min warm up walk Run 20 mins
7	Five min warm up walk Run 25 mins	Five min warm up walk Run 25 mins	Five min warm up walk Run 25 mins
8	Five min warm up walk Run 30 mins	Five min warm up walk Run 30 mins	Five min warm up walk Run 30 mins
9	Five min warm up walk **run 40 mins or 5K distance**	Five min warm up walk Run 30 mins	Five min warm up walk Run 30 mins
10	Five min warm up walk Run 20 mins	**5K Race**	

Training Program Developed by Running Diva Mom
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"Don't fear moving forward … Fear standing still."