



# THE PAWS to the PAVEMENT



## Couch to 5K Training Plan

Here is a basic training plan to help get you ready to run the Paws to the Pavement 5K!

Begin each session with a brisk 5 minute walk to warm up.

Three sessions each week. You should plan on 1 day of rest between. For example, many people run on Tuesday, Thursday, and Saturday. **HAPPY RUNNING!**

WEEK OF...	Session 1	Session 2	Session 3
<b>April 10</b>	60 second jog 90 second walk Repeat for 20 minutes	60 second jog 90 second walk Repeat for 20 minutes	60 second jog 90 second walk Repeat for 20 minutes
<b>April 17</b>	90 second jog 2 minute walk Repeat for 20 minutes	90 second jog 2 minute walk Repeat for 20 minutes	90 second jog 2 minute walk Repeat for 20 minutes
<b>April 24</b>	90 second jog/90 second walk 3 minute jog/3 minute walk Repeat once	90 second jog/90 second walk 3 minute jog/3 minute walk Repeat once	90 second jog/90 second walk 3 minute jog/3 minute walk Repeat once
<b>May 1</b>	3 minute jog/90 second walk 5 minute jog/2.5 minute walk Repeat once	3 minute jog/90 second walk 5 minute jog/2.5 minute walk Repeat once	3 minute jog/90 second walk 5 minute jog/2.5 minute walk Repeat once
<b>May 8</b>	5 minute jog/3 minute walk Repeat 2 more times	8 minute jog 5 minute walk 8 minute jog	Jog for 20 minutes without stopping
<b>May 15</b>	5 minute jog/3 minute walk 8 minute jog 3 minute walk/5 minute jog	10 minute jog 3 minute walk 10 minute jog	Jog for 22 minutes without stopping
<b>May 22</b>	Jog for 25 minutes without stopping	Jog for 25 minutes without stopping	Jog for 25 minutes without stopping
<b>May 29</b>	Jog for 28 minutes without stopping	Jog for 28 minutes without stopping	Jog for 28 minutes without stopping
<b>June 5</b>	Jog for 30 minutes without stopping	Jog for 30 minutes without stopping	<b>RACE DAY!</b>