

MWR Fitness Center

Couch To 10K

Week 1

Day 1 – Run 1 min, Walk 2 min, x8 (repeat 8 times)

Day 2 – Run 1 min, Walk 2 min, x6

Day 3 – Run 1 min, Walk 2 min, x10

Week 2

Day 1 – Run 2 min, Walk 2 min, x7

Day 2 – Run 2 min, Walk 2 min, x6

Day 3 – Run 2 min, Walk 2 min, x8

Week 3

Day 1 – Run 3 min, Walk 2 min, x6

Day 2 - Run 3 min, Walk 2 min, x5

Day 3 - Run 3 min, Walk 2 min, x7

Week 4

Day 1 - Run 5 min, Walk 3 min, x4

Day 2 - Run 5 min, Walk 2 min, x3

Day 3 - Run 5 min, Walk 3 min, x5

Week 5 - Easy

Day 1 – Run 3 min, Walk 2 min, x6

Day 2 - Run 3 min, Walk 2 min, x5

Day 3 - Run 5 min, Walk 3 min, x4

Week 6

Day 1 - Run 8 min, Walk 3 min, x3

Day 2 - Run 7 min, Walk 2 min, x3

Day 3 - Run 8 min, Walk 3 min, x3

Week 7

Day 1 - Run 9 min, Walk 3 min, x3

Day 2 - Run 8 min, Walk 2 min, x3

Day 3 - Run 10 min, Walk 3 min, x3

Week 8

Day 1 - Run 15 min, Walk 5 min, x2

Day 2 - Run 15 min, Walk 5 min, Run 10 min

Day 3 - Run 20 min, Walk 5 min, Run 15 min

Week 9 - Easy

Day 1 - Run 10min, Walk 3min, Run 16min

Day 2 - Run 15 min, Walk 5 min, Run 10 min

Day 3 - Run 15 min, Walk 5 min, x2

Week 10

Day 1 - Run 20min, Walk 2min, Run 20min

Day 2 - Run 25min

Day 3 - Run 40min

Week 11

Day 1 - Run 45min

Day 2 - Run 25min

Day 3 - Run 50min

Week 12

Day 1 - Run 40min

Day 2 - Run 30min

Event Day - **Run 10K**

Running Tips HQ:

- Start and finish each workout with a 5 minute walk
- Avoid running on consecutive days
- Cross train on non-running days (swimming, cycling etc.)