

## SHAC – Run for your life Couch to 5k Running Plan

Week	Workout 1	Workout 2	Workout 3
1 Mar 2	Brisk five minute warmup walk, then do eight (8) repetitions of the following: 60 seconds of jogging 90 seconds of walking	Brisk five minute warmup walk, then do eight (8) repetitions of the following: 60 seconds of jogging 90 seconds of walking	Brisk five minute warmup walk, then do eight (8) repetitions of the following: 60 seconds of jogging 90 seconds of walking
2 Mar 9	Brisk five minute warmup walk, then do six (6) repetitions of the following: 90 seconds of jogging 2 minutes of walking	Brisk five minute warmup walk, then do six (6) repetitions of the following: 90 seconds of jogging 2 minutes of walking	Brisk five minute warmup walk, then do six (6) repetitions of the following: 90 seconds of jogging 2 minutes of walking
3 Mar 16	Brisk five minute warmup walk, then do two (2) repetitions of the following: 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking	Brisk five minute warmup walk, then do two (2) repetitions of the following: 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking	Brisk five minute warmup walk, then do two (2) repetitions of the following: 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking
4 Mar 23	Brisk five minute warmup walk, then do: 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 1/2 minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging	Brisk five minute warmup walk, then do: 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 1/2 minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging	Brisk five minute warmup walk, then do: 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 1/2 minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging
5 Mar 30	Brisk five minute warmup walk, then do: 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 3 minutes of walking 5 minutes of jogging	Brisk five minute warmup walk, then do: 8 minutes of jogging 5 minutes of walking 8 minutes of jogging	Brisk five minute warmup walk, then do 20 minutes of jogging with no walking.
6 Apr 6	Brisk five minute warmup walk, then do: 5 minutes of jogging 3 minutes of walking 8 minutes of jogging 3 minutes of walking 5 minutes of jogging	Brisk five minute warmup walk, then do: 10 minutes of jogging 3 minutes of walking 10 minutes of jogging	Brisk five minute warmup walk, then do 25 minutes of jogging with no walking.
7 Apr 13	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.
8 Apr 20	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.
9 Race Week	Brisk five minute warmup walk, then do 30 minutes of jogging.	Brisk five minute warmup walk, then do 30 minutes of jogging.	SHAC 5K – May 3!!! Congrats! You are ready to RUN!!!