

TRAINING SCHEDULE

Belleville Running Club Couch To 5k Training Program



Week Begins	Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 03, 2024 (Sun)	1	off	BRC TRAINING SESSION (3/4/24) Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
March 10, 2024 (Sun)	2	off	BRC TRAINING SESSION (3/11/24) Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
March 17, 2024 (Sun)	3	off	BRC TRAINING SESSION (3/18/24) Brisk five-minute warmup walk, then do two repetitions of the following: Jog - 90 seconds Walk - 90 seconds Jog - 3 minutes Walk - 3 minutes	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)	off	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)
March 24, 2024 (Sun)	4	off	BRC TRAINING SESSION (3/25/24) Brisk five-minute warmup walk, then: Jog - 3 minutes Walk - 90 seconds Jog - 5 minutes Walk - 2-1/2 minutes Jog - 3 minutes Walk - 90 seconds Jog - 5 minutes	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	off	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)
March 31, 2024 (Sun)	5	off	BRC TRAINING SESSION (4/1/24) Brisk five-minute warmup walk, then: Jog - 5 minutes Walk - 3 minutes Jog - 5 minutes Walk - 3 minutes Jog - 5 minutes	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.	off	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
April 07, 2024 (Sun)	6	off	BRC TRAINING SESSION (4/8/24) Brisk five-minute warmup walk, then: Jog - 5 minutes Walk - 3 minutes Jog - 8 minutes Walk - 3 minutes Jog - 5 minutes	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.	off	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.
April 14, 2024 (Sun)	7	off	BRC TRAINING SESSION (4/15/24) Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk, then jog 2.5 miles.	off	Brisk five-minute warmup walk, then jog 2.5 miles.
April 21, 2024 (Sun)	8	off	BRC TRAINING SESSION (4/22/24) Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk, then jog 2.75 miles.	off	Brisk five-minute warmup walk, then jog 2.75 miles.
April 28, 2024 (Sun)	9	off	BRC TRAINING SESSION (4/29/24) Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	off	Walk/XT 20 min or off	BRC Training Session Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	off	Law Day 5K 5/4/24

1. Sessions in **red** are scheduled as group training sessions. You are to complete all other sessions on your own.

2. Group runs will occur on Mondays at 6:30PM at Belleville East and Thursday's in Downtown Belleville, Casa Maria Parking Lot 6:00PM

3. We invite you to join us on Saturday mornings at 8:00am to do your weekly workout. BRC meets in the parking lot behind Margaritas in downtown Belleville.

4. XT: Cross Train

5. The Belleville Running Club is not, nor do we claim to be, fitness experts. Please consult your doctor before embarking on this training adventure.

6. This training schedule is based on Cool Running's Couch to 5K Training Plan.

7. This training schedule is merely a guide. Please adjust as necessary to fit your schedule.