



Couch to Workforce Challenge! Training Plan

			April 6th				
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1			5 min walk 3 min jog 5 min walk	Relax!	5 min walk 4 min jog 5 min walk	Relax!	Relax!
2	5 min walk 5 min jog 5 min walk	Relax!	5 min walk 7 min jog 5 min walk	Relax!	5 min walk 8 min jog 5 min walk	Relax!	Relax!
3	5 min walk 9 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	7 min jog 5 min walk 7 min jog 5 min walk	Relax!	5 min walk 14 min jog 5 min walk
4	5 min walk 15 min jog 5 min walk	Relax!	17 min jog 5 min walk	Relax!	9 min jog 5 min walk 9 min jog 5 min walk	Relax!	18 min jog 5 min walk
5	20 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	18 min jog 5 min walk	Relax!	22 min jog 5 min walk
6	12 min jog 5 min walk 12 min jog	Relax!	24 min jog	Relax!	25 min jog	Relax!	27 min jog
7	30 min jog	10 min jog	Relax!	Race Day! May 19th			