Couch to 5K Training Program

Michelle Zelaya, RRCA Certified Running Coach ~ MotivateWellness@yahoo.com

Fran Romain, Assistant Instructor

Week	Tuesday	Thursday	Saturday
1	1/1 for 20 minutes (10 intervals) RPE: 3	1/1 for 20 minutes (10 intervals) RPE: 3	35 minute brisk walk
2	2/1 for 21 minutes (7 intervals) RPE:5	2/1 for 21 minutes (7 intervals) RPE:5	2/1 for 21 minutes (7 intervals) RPE: 5
3	3/1 for 28 minutes (7 intervals) RPE: 5	3/1 for 32 minutes (8 intervals) RPE: 5	*Magic Mile workout- record your time!*
4	4/1 for 30 minutes (6 intervals) RPE: 5	4/1 for 35 minutes (7 intervals) RPE: 5	4/1 for 35 minutes (7 intervals) RPE: 5
5	5/1 for 30 minutes (5 intervals) RPE:5	5/1 for 30 minutes (5 intervals) RPE:5	5/1 for 30 minutes (5 intervals) RPE:5
6	6/1 for 35 minutes (5 intervals) RPE:6	6/1 for 42 minutes (6 intervals) RPE:6	*Magic Mile workout- record your time!*
7	3/2 for 30 minutes (6 intervals) RPE: 7 *speed workout*	3/2 for 30 minutes (6 intervals) RPE: 7 *speed workout*	5/1 for 30 minutes (5 intervals) RPE:5
8	5/1 for 48 minutes (8 intervals) RPE:5 ** Mickey McGee park**	6 hill repeats (2:00) RPE:8 **Mickey McGee park**	5/1 for 30 minutes (5 intervals) RPE:5
9	7/1 for 40 minutes (5 intervals) RPE:5	7/1 for 40 minutes (5 intervals) RPE: 5	*Magic Mile workout- record your time!*
10	9/1 for 30 minutes (3 intervals) RPE: 5	No hard running. 30 minute LIGHT JOG. **No class meeting**	**Race Day!** ☺

RPE: Rate of Perceived Exertion on a scale of 1-10, 10 being the max.
All workouts are listed like this: run interval/walk interval, so 3/1= 3 minute run, 1 minute walk.