REFLEX Endurance Club

Couch to 5k

WK	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Off	Off	15 min run- 2 min WU, then 1/1 RPE=3	Off	15 min run- 2 min WU, the 1/1 RPE=3	Off	Walk 30 min, RPE= 3
2	Off	Off	20 min run- 2 min WU, then 2/1 RPE= 5	Off	20 min run- 2 min WU, then 2/1 RPE= 5	Off	Walk 30 min, RPE= 3
3	Off	Off	30 min run- 2 min WU, then 3/1 RPE =5	Off	30 min run- 2 min WU, then 3/1 RPE =5	Off	Walk 45 min, RPE= 3
4	Off	Off	20 Min Run- 2 min WU, then 3/1 RPE= 4	Off	30 Min Run- 2 min WU, then 3/1 RPE= 4	Off	20 min run- 2 min WU, then 3/1 RPE= 4
5	Off	Off	40 min run- 2 min WU, then 5/1 RPE= 6	Off	40 min run- 2 min WU, then 5/1 RPE= 6	Off	30 min run- 2 min WU, then 3/1 RPE= 6
6	Off	Off	40 min run- 2 min WU, then 6/1 RPE= 6	Off	40 min run- 2 min WU, then 6/1 RPE= 6	Off	30 min run- 2 min WU, then 4/1 RPE= 6
7	Off	Off	50 min run- 2 min WU, then 7/1 RPE= 6	Off	50 min run- 2 min WU, then 7/1 RPE= 6	Off	30 min run- 2 min WU, then 5/1 RPE= 6
8	Off	Off	30 min run- 2 min WU, the 3/2 RPE= 7	Off	30 min run- 2 min WU, then 3/2 RPE= 7	Off	30 min run- 2 min WU, then 6/1 RPE= 6
9	Off	Off	30 min run- 2 min WU, then 9/1 RPE= 4	Off	30 min run 2 min WU, then 9/1 RPE= 4	Off	30 min run 2 min WU, then 5/1 RPE= 4
10	Off	Off	30 min run- 2 min WU, then 7/1	Off	Off	30 min walk	RACE DAY!!!