

Live Well Clover Couch to 5K Training Schedule

Training sessions will begin with a brisk 5 minute warm up walk.

WEEK	MONDAY	WEDNESDAY	FRIDAY
1	60 second run and 90 second walk for 20 minutes	60 second run and 90 second walk for 20 minutes	60 second run and 90 second walk for 20 minutes
2	90 second run and 2 minute walk for 20 minutes	90 second run and 2 minute walk for 20 minutes	90 second run and 2 minute walk for 20 minutes
3	90 second run and 90 second walk, 3 minute run and 3 minute walk – 2x	90 second run and 90 second walk, 3 minute run and 3 minute walk – 2x	90 second run and 90 second walk, 3 minute run and 3 minute walk – 2x
4	Run 3, walk 90 Run 5, walk 2½ Run 3, walk 90 Run 5	Run 3, walk 90 Run 5, walk 2½ Run 3, walk 90 Run 5	Run 3, walk 90 Run 5, walk 2½ Run 5, walk 90 Run 5*
5	Run 5, walk 1 Run 5, walk 1 Run 5, walk 1 Run 5	Run 5, walk 1 Run 5, walk 1 Run 8, walk 1 Run 8	Run 5, walk 1 Run 5, walk 1 Run 8, walk 1 Run 8
6	10-3-10	12-3-12	15-3-15
7	15-2-15	18-2-15	20-2-15
8	25-1-10 OR 3 miles	30-1-5 OR 3 miles	PEP RALLY for LWC5K on Saturday, April 23

HELPFUL HINTS

- Remember to stretch before & after each training session.
- Run until you're fatigued then walk until you're recovered.
- Cross train on non-run days by doing squats, lunges and other exercises that will build strength in your legs.
- Consult your doctor before starting any new exercise program.