

# COUCH TO 5K

April 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	<b>W1/D1</b> 5 Min W/U 1 Min Run + 1.5 Min Walk (6 Times) 5 Min Cool Down	14	<b>W1/D2</b> 5 Min W/U 1 Min Run + 1.5 Min Walk (8 Times) 5 Min Cool Down	16	17
<b>W1/D3</b> 5 Min W/U 1 Min Run + 1.5 Min Walk (8 Times) 5 Min Cool Down	19	20	<b>W2/D1</b> 5 Min W/U 1.5 Run + 2 Walk x 4 1 Run + 1 Walk x 2 5 Min Cool Down	22	<b>W2/D2</b> 5 Min W/U 1.5 Run + 2 Walk x 4 1 Run + 1 Walk x 2 5 Min Cool Down	24
<b>W2/D3</b> 5 Min W/U 1.5 Min Run + 2 Min Walk x 6 5 Min Cool Down	26	<b>W3/D1</b> 5 Min W/U 1.5R+1.5W 2.5R+2.5W 2.5R+2.5W 1.5R+1.5W 5 Min Cool Down	28	<b>W3/D2</b> 5 Min W/U 1.5R+1.5W 2.5R+2.5W 2.5R+2.5W 1.5R+1.5W 5 Min Cool Down	30	

May 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <b>W3/D3</b> 5 Min W/U 2R+2W 3R+3W x 2 2R+2W 5 Min Cool Down	3	4 <b>W4/D1</b> 5 Min W/U 3R+2W 4R+3W x 2 3R+2W 5 Min Cool Down	5	6 <b>W4/D2</b> 5 Min W/U 3R+2W 5R+3W x 2 3R+2W 5 Min Cool Down	7	8
9 <b>W4/D3</b> 5 Min W/U 3R+2W 5R+2W x 2 3R+2W 5 Min Cool Down	10	11 <b>W5/D1</b> 5 Min W/U 5R+3W 6R+3W 5 Run 5 Min Cool Down	12	13 <b>W5/D2</b> 5 Min W/U 5R+3W 8R+5W 5 Run 5 Min Cool Down	14	15
16 <b>W5/D3</b> 5 Min W/U 8 Run 5 Walk 8 RUn 5 Min Cool Down	17	18 <b>W6/D1</b> 5 Min W/U 10 Run 5 Walk 10 Run 5 Min Cool Down	19	20 <b>W6/D2</b> 5 Min W/U 12 Run 3 Walk 8 Run 5 Min Cool Down	21	22
23 <b>W6/D3</b> 5 Min W/U 15 Run 3 Walk 5 Run 5 Min Cool Down	24	25 <b>W7/D1</b> 5 Min W/U 18 Run 3 Walk 3 Run 5 Min Cool Down	26	27 <b>W7/D2</b> 5 Min W/U 20 Min Run 5 Min Cool Down	28	29
30 <b>W7/D3</b> 5 Min W/U 20 Run 3 Walk 5 Run 5 Min Cool Down	31					

◀ May 2021

# June 2021

Jul 2021 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>W8/D1</b> 5 Min W/U 25 Min Run 5 Min Cool Down	2 <b>W8/D2</b> 5 Min W/U 30 Min Run 5 Min Cool Down	3	4	5 <b>5K</b>
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			