

*Just Get Moving!!!*

# The Official Cantrell Wellness Center "Couch" to 5K 8 Week Training Plan

**IMPORTANT: Begin with a 5 minute warm-up / end with a 5 minute cool-down!!!**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Rest	Run 1 min Walk 2 min (4 times)	Rest	Run 1 min Walk 2 min (4 times)	Rest	Run 1 min Walk 2 min (5 times)	Rest
<b>Week 2</b>	Rest	Run 1 min Walk 2 min (5 times)	Rest	Run 2 min Walk 4 min (3 times)	Rest	Run 2 min Walk 4 min (4 times)	Crosstrain/ Walk 20 min
<b>Week 3</b>	Rest	Run 2 min Walk 4 min (4 times)	Rest	Run 3 min Walk 4 min (4 times)	Rest	Run 3 min Walk 4 min (5 times)	Rest
<b>Week 4</b>	Rest	Run 3 min Walk 3 min (5 times)	Rest	Run 4 min Walk 3 min (5 times)	Rest	Run 4 min Walk 2 min (5 times)	Crosstrain/ Walk 20 min
<b>Week 5</b>	Rest	Run 5 min Walk 2 min (5 times)	Rest	Run 5 min Walk 2 min (5 times)	Rest	Run 6 min Walk 2 min (4 times)	Rest
<b>Week 6</b>	Rest	Run 6 min Walk 2 min (4 times)	Rest	Run 7 min Walk 2 min (3 times)	Rest	Run 7 min Walk 2 min (3 times)	Crosstrain/ Walk 20 min
<b>Week 7</b>	Rest	Run 8 min Walk 2 min (3 times)	Rest	Run 8 min Walk 2 min (3 times)	Rest	Run 9 min Walk 2 min (3 times)	Rest
<b>Week 8</b>	Rest	Run 9 min Walk 2 min (3 times)	Rest	Run 10 min Walk 4 min (2 times)	20 Min. Walk	Rest	Run 10 min Walk 2 min (3 times)

**Remember to Stretch After Warm-up & Cool-down!  
Cross-training = Swimming,  
Biking, Elliptical, Aerobics, etc.**