

Wilmington Lady Fitness

COUCH TO 10K TRAINING SCHEDULE

EVENT: Couch to 10K Training

	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 01		OFF	WALK/CT	20 Min Run	WALK/CT	20 Min Run	WALK/CT	2 Miles
Week 02		OFF	WALK/CT	20 Min Run	WALK/CT	20 Min Run	WALK/CT	3 Miles
Week 03		OFF	WALK/CT	25 Min Run	WALK/CT	25 Min Run	WALK/CT	3.5 Miles
Week 04		OFF	WALK/CT	25 Min Run	WALK/CT	25 Min Run	WALK/CT	4 Miles
Week 05		OFF	WALK/CT	30 Min Run	WALK/CT	30 Min Run	WALK/CT	4.5 Miles
Week 06		OFF	WALK/CT	30 Min Run	WALK/CT	30 Min Run	WALK/CT	5 Miles
Week 07		OFF	WALK/CT	35 Min Run	WALK/CT	35 Min Run	WALK/CT	5.5 Miles
Week 08		OFF	WALK/CT	35 Min Run	WALK/CT	35 Min Run	WALK/CT	6 Miles
Week 09		OFF	WALK/CT	40 Min Run	WALK/CT	40 Min Run	WALK/CT	6.5 Miles
Week 10		OFF	WALK/CT	40 Min Run	WALK/CT	40 Min Run	WALK/CT	7 Miles
Week 11		OFF	WALK/CT	45 Min Run	WALK/CT	45 Min Run	WALK/CT	3.5 Miles
Week 12		OFF	WALK/CT	45 Min Run	WALK/CT	45 Min Run	WALK/CT	4 Miles
Week 13		OFF	WALK/CT	45 Min Run	WALK/CT	45 Min Run	WALK/CT	EVENT DAY

Desperately Seeking
SLENDER



PROGRAM DESIGN:

PANDORA WILLIAMS

www.DesperatelySeekingSlender.com

Weight Loss & Wellness Coach

Wilmington Lady Fitness