

# Wilmington Lady Fitness

## COUCH TO 5K TRAINING SCHEDULE

**EVENT:** Couch to 5K Training

	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 01		OPTIONAL	1.5 Miles	OPTIONAL	1.5 Miles	OFF	1.5 Miles	WALK 30+
Week 02		OPTIONAL	1.75 Miles	OPTIONAL	1.5 Miles	OFF	1.75 Miles	WALK 35+
Week 03		OPTIONAL	2 Miles	OPTIONAL	1.5 Miles	OFF	2 Miles	WALK 40+
Week 04		OPTIONAL	2.25 Miles	OPTIONAL	1.5 Miles	OFF	2.25 Miles	WALK 45+
Week 05		OPTIONAL	2.5 Miles	OPTIONAL	2 Miles	OFF	2.5 Miles	WALK 50+
Week 06		OPTIONAL	2.75 Miles	OPTIONAL	2 Miles	OFF	2.75 Miles	WALK 55+
Week 07		OPTIONAL	3 Miles	OPTIONAL	2 Miles	OFF	3 Miles	WALK 60
Week 08		OPTIONAL	3 Miles	OPTIONAL	2 Miles	OFF	OFF	<b>EVENT DAY</b>



### PROGRAM DESIGN:

**PANDORA WILLIAMS**

[www.DesperatelySeekingSlender.com](http://www.DesperatelySeekingSlender.com)

Weight Loss & Wellness Coach  
Wilmington Lady Fitness