

aCrossTown 5k - Couch to 5k Training Plan

General: Train at least three times a week.

Walking (Warm up & cool down for 5 minutes each walk)

*Week 1: Walk 3 minutes, powerwalk 1 minutes for a total of 20 minutes
Week 2: Walk 3 minutes, powerwalk 2 minutes for a total of 25 minutes
*Week 3: Walk 3 minutes, powerwalk 2 minutes for a total of 30 minutes
Week 4: Walk 2 minutes, powerwalk 2 minutes for a total of 30 minutes
*Week 5: Walk 2 minutes, powerwalk 2 minutes for a total of 35 minutes
Week 6: Walk 2 minutes, powerwalk 3 minutes for a total of 40 minutes
*Week 7: Walk 2 minutes, powerwalk 3 minutes for a total of 45 minutes
Week 8: Walk 2 minutes, powerwalk 3 minutes for a total of 50 minutes
*Week 9: Walk 2 minutes, powerwalk 3 minutes for a total of 45 minutes
Week 10: RACE on Saturday!

Beginning Runners (Warm up 5 min & Cool down 5 min after each run)

Each workout should be done at a 'conversational pace' – a pace at which you could maintain a conversation.

*Week 1: Run 1 min, walk 2 min. Total of 20 min.
Week 2: Run 2 min.; walk 3 min. Total of 25 min.
*Week 3: Run 2 min, walk 3 min. Total of 30 min.
Week 4: Run 3 min.; walk 3 min. Total of 30 min.
*Week 5: Run 3 min, walk 2 min. Total of 35 min.
Week 6: Run 3 min.; walk 1 min. Total of 40 min.
*Week 7: Run 4 min., walk 2 min. Total of 45 min.
Week 8: Run 4 min.; walk 1 min. Total of 50 min.
*Week 9: Run 4 min.; walk 30 sec. Total of 45 min.
Week 10: RACE on Saturday!

Intermediate Runners (Warm up 5 min & Cool down 5 min after each run)

*Week 1: Monday 2.5m ~ Tuesday 1.5m ~ Thursday 1.5m ~ Sat 2.5m Total 8 miles
Week 2: Monday 2.5m ~ Tuesday 1.5m ~ Thursday 1.5m ~ Sat 3m Total 8.5 miles
*Week 3: Monday 2.5m ~ Tuesday 1.5m ~ Thursday 1.5m ~ Sat 3.5m ~ Total 9 miles
Week 4: Monday 3m ~ Tuesday 1.5m ~ Thursday 1.5m ~ Sat 3.5m ~ Total 9.5 miles
*Week 5: Monday 3m ~ Tuesday 2m ~ Thursday 1.5m ~ Sat 3.5m ~ Total 10 miles
Week 6: Monday 3m ~ Tuesday 2m ~ Thursday 1.5m ~ Sat 3.5m ~ Total 10 miles
*Week 7: Monday 3m ~ Tuesday 2m ~ Thursday 2m ~ Sat 3.5m ~ Total 10.5 miles
Week 8: Monday ~ 3m ~ Tuesday 2m ~ Thursday 2m ~ Sat 3.5 ~ Total 10.5 miles
*Week 9: Monday ~ 3m ~ Tuesday 2m ~ Thursday 2m ~ Sat 3.5 ~ Total 10.5 miles
Week 10: Monday ~ 2m ~ Tuesday 1m ~ Wednesday 1m ~ Thursday & Fri 0m ~ Saturday RACE!

**Training based on MRTC 5k Training Programs

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