



MEOW's Couch to 5K Fun Run/Walk: Jan 30th to April 22nd



	Mon	Tue	Wed	Thu	Fri	Sat	Sun							
Week 1	-Walk for 15 min <input type="checkbox"/>	<u>1/30</u> <input type="checkbox"/>	-Walk for 15 min <input type="checkbox"/>	<u>2/1</u> <input type="checkbox"/>	-Walk for 15 min <input type="checkbox"/>	<u>2/2</u> <input type="checkbox"/>	-Walk for 20 min <input type="checkbox"/>	<u>2/3</u> <input type="checkbox"/>	-Walk for 20 min <input type="checkbox"/>	<u>2/4</u> <input type="checkbox"/>	-Walk for 20 min <input type="checkbox"/>	<u>2/5</u> <input type="checkbox"/>		
Week 2	-Walk for 25 min <input type="checkbox"/>	<u>2/6</u> <input type="checkbox"/>	-Walk for 25 min <input type="checkbox"/>	<u>2/7</u> <input type="checkbox"/>	-Walk for 25 min <input type="checkbox"/>	<u>2/8</u> <input type="checkbox"/>	-Walk for 25 min <input type="checkbox"/>	<u>2/9</u> <input type="checkbox"/>	-Walk for 25 min <input type="checkbox"/>	<u>2/10</u> <input type="checkbox"/>	-Walk for 30 min <input type="checkbox"/>	<u>2/11</u> <input type="checkbox"/>	-Walk for 30 min <input type="checkbox"/>	<u>2/12</u> <input type="checkbox"/>
Week 3	Repeat 10 Times: -Run 1 min -Walk 1 min <input type="checkbox"/>	<u>2/13</u> <input type="checkbox"/>	Repeat 10 Times: -Run 1 min -Walk 1 min <input type="checkbox"/>	<u>2/14</u> <input type="checkbox"/>	Repeat 10 Times: -Run 1 min -Walk 1 min <input type="checkbox"/>	<u>2/15</u> <input type="checkbox"/>	Repeat 10 Times: -Run 1 min -Walk 1 min <input type="checkbox"/>	<u>2/16</u> <input type="checkbox"/>	Repeat 10 Times: -Run 1 min -Walk 1 min <input type="checkbox"/>	<u>2/17</u> <input type="checkbox"/>	Repeat 10 Times: -Run 1 min -Walk 1 min <input type="checkbox"/>	<u>2/18</u> <input type="checkbox"/>	Repeat 10 Times: -Run 1 min -Walk 1 min <input type="checkbox"/>	<u>2/19</u> <input type="checkbox"/>
Week 4	Repeat 6 Times: -Run 2 min -Walk 2 min <input type="checkbox"/>	<u>2/20</u> <input type="checkbox"/>	Repeat 6 Times: -Run 2 min -Walk 2 min <input type="checkbox"/>	<u>2/21</u> <input type="checkbox"/>	Repeat 6 Times: -Run 2 min -Walk 2 min <input type="checkbox"/>	<u>2/22</u> <input type="checkbox"/>	Repeat 6 Times: -Run 2 min -Walk 2 min <input type="checkbox"/>	<u>2/23</u> <input type="checkbox"/>	Repeat 6 Times: -Run 2 min -Walk 2 min <input type="checkbox"/>	<u>2/24</u> <input type="checkbox"/>	Repeat 6 Times: -Run 2 min -Walk 2 min <input type="checkbox"/>	<u>2/25</u> <input type="checkbox"/>	Repeat 6 Times: -Run 2 min -Walk 2 min <input type="checkbox"/>	<u>2/26</u> <input type="checkbox"/>
Week 5	Repeat 5 Times: -Run 3 min -Walk 2 min <input type="checkbox"/>	<u>2/27</u> <input type="checkbox"/>	Repeat 5 Times: -Run 3 min -Walk 2 min <input type="checkbox"/>	<u>2/28</u> <input type="checkbox"/>	Repeat 5 Times: -Run 3 min -Walk 2 min <input type="checkbox"/>	<u>3/1</u> <input type="checkbox"/>	Repeat 5 Times: -Run 3 min -Walk 2 min <input type="checkbox"/>	<u>3/2</u> <input type="checkbox"/>	Repeat 5 Times: -Run 3 min -Walk 2 min <input type="checkbox"/>	<u>3/3</u> <input type="checkbox"/>	Repeat 5 Times: -Run 3 min -Walk 2 min <input type="checkbox"/>	<u>3/4</u> <input type="checkbox"/>	Repeat 5 Times: -Run 3 min -Walk 2 min <input type="checkbox"/>	<u>3/5</u> <input type="checkbox"/>
Week 6	Repeat 3 Times: -Run 5 min -Walk 3 min <input type="checkbox"/>	<u>3/6</u> <input type="checkbox"/>	Repeat 3 Times: -Run 5 min -Walk 3 min <input type="checkbox"/>	<u>3/7</u> <input type="checkbox"/>	Repeat 3 Times: -Run 5 min -Walk 3 min <input type="checkbox"/>	<u>3/8</u> <input type="checkbox"/>	Repeat 3 Times: -Run 5 min -Walk 3 min <input type="checkbox"/>	<u>3/9</u> <input type="checkbox"/>	Repeat 3 Times: -Run 5 min -Walk 3 min <input type="checkbox"/>	<u>3/10</u> <input type="checkbox"/>	Repeat 3 Times: -Run 5 min -Walk 3 min <input type="checkbox"/>	<u>3/11</u> <input type="checkbox"/>	Repeat 3 Times: -Run 5 min -Walk 3 min <input type="checkbox"/>	<u>3/12</u> <input type="checkbox"/>
Week 7	Repeat 2 Times: -Run 8 min -Walk 3 min <input type="checkbox"/>	<u>3/13</u> <input type="checkbox"/>	Repeat 2 Times: -Run 8 min -Walk 3 min <input type="checkbox"/>	<u>3/14</u> <input type="checkbox"/>	Repeat 2 Times: -Run 8 min -Walk 3 min <input type="checkbox"/>	<u>3/15</u> <input type="checkbox"/>	Repeat 2 Times: -Run 8 min -Walk 3 min <input type="checkbox"/>	<u>3/16</u> <input type="checkbox"/>	Repeat 2 Times: -Run 8 min -Walk 3 min <input type="checkbox"/>	<u>3/17</u> <input type="checkbox"/>	Repeat 2 Times: -Run 8 min -Walk 3 min <input type="checkbox"/>	<u>3/18</u> <input type="checkbox"/>	Repeat 2 Times: -Run 8 min -Walk 3 min <input type="checkbox"/>	<u>3/19</u> <input type="checkbox"/>
Week 8	Repeat 2 Times: -Run 10 min -Walk 3 min <input type="checkbox"/>	<u>3/20</u> <input type="checkbox"/>	Repeat 2 Times: -Run 10 min -Walk 3 min <input type="checkbox"/>	<u>3/21</u> <input type="checkbox"/>	Repeat 2 Times: -Run 10 min -Walk 3 min <input type="checkbox"/>	<u>3/22</u> <input type="checkbox"/>	Repeat 2 Times: -Run 10 min -Walk 3 min <input type="checkbox"/>	<u>3/23</u> <input type="checkbox"/>	Repeat 2 Times: -Run 10 min -Walk 3 min <input type="checkbox"/>	<u>3/24</u> <input type="checkbox"/>	Repeat 2 Times: -Run 10 min -Walk 3 min <input type="checkbox"/>	<u>3/25</u> <input type="checkbox"/>	Repeat 2 Times: -Run 10 min -Walk 3 min <input type="checkbox"/>	<u>3/26</u> <input type="checkbox"/>
Week 9	Repeat 2 Times: -Run 12 min -Walk 2 min <input type="checkbox"/>	<u>3/27</u> <input type="checkbox"/>	Repeat 2 Times: -Run 15 min -Walk 1 min <input type="checkbox"/>	<u>3/28</u> <input type="checkbox"/>	Repeat 2 Times: -Run 15 min -Walk 1 min <input type="checkbox"/>	<u>3/29</u> <input type="checkbox"/>	Repeat 2 Times: -Run 15 min -Walk 1 min <input type="checkbox"/>	<u>3/30</u> <input type="checkbox"/>	Repeat 2 Times: -Run 15 min -Walk 1 min <input type="checkbox"/>	<u>3/31</u> <input type="checkbox"/>	Repeat 2 Times: -Run 20 min <input type="checkbox"/>	<u>4/1</u> <input type="checkbox"/>	Repeat 2 Times: -Run 20 min <input type="checkbox"/>	<u>4/2</u> <input type="checkbox"/>
Week 10	-Run 20 min <input type="checkbox"/>	<u>4/3</u> <input type="checkbox"/>	-Run 20 min <input type="checkbox"/>	<u>4/4</u> <input type="checkbox"/>	-Run 20 min <input type="checkbox"/>	<u>4/5</u> <input type="checkbox"/>	-Run 20 min <input type="checkbox"/>	<u>4/6</u> <input type="checkbox"/>	-Run 20 min <input type="checkbox"/>	<u>4/7</u> <input type="checkbox"/>	-Run 20 min <input type="checkbox"/>	<u>4/8</u> <input type="checkbox"/>	-Run 20 min <input type="checkbox"/>	<u>4/9</u> <input type="checkbox"/>
Week 11	-Run 25 min <input type="checkbox"/>	<u>4/10</u> <input type="checkbox"/>	-Run 25 min <input type="checkbox"/>	<u>4/11</u> <input type="checkbox"/>	-Run 25 min <input type="checkbox"/>	<u>4/12</u> <input type="checkbox"/>	-Run 25 min <input type="checkbox"/>	<u>4/13</u> <input type="checkbox"/>	-Run 25 min <input type="checkbox"/>	<u>4/14</u> <input type="checkbox"/>	-Run 25 min <input type="checkbox"/>	<u>4/15</u> <input type="checkbox"/>	-Run 25 min <input type="checkbox"/>	<u>4/16</u> <input type="checkbox"/>
Week 12	-Run 30 min <input type="checkbox"/>	<u>4/17</u> <input type="checkbox"/>	-Run 30 min <input type="checkbox"/>	<u>4/18</u> <input type="checkbox"/>	-Run 30 min <input type="checkbox"/>	<u>4/19</u> <input type="checkbox"/>	-Run 30 min <input type="checkbox"/>	<u>4/20</u> <input type="checkbox"/>	-Run 30 min <input type="checkbox"/>	<u>4/21</u> <input type="checkbox"/>	-Run 5K Race! Have FUN!! <input type="checkbox"/>	<u>4/22</u> <input type="checkbox"/>	-Run 5K Race! Have FUN!! <input type="checkbox"/>	<u>4/23</u> <input type="checkbox"/>

*Plan borrowed from Run with Caroline

**Optional on any off day: Yoga Poses for Runners: <https://howtorunguide.com/yoga-for-runners/>

***Before walking & running, do dynamic warmups: <https://www.runnersworld.com/training/g20862002/dynamic-warmup-stretches/>

****It is perfectly acceptable to do walking only for the entire plan and the 5K. If you elect to do that, walk for all the times listed to run!