



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



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