

REAL42 | COUCH to 5K in 5 WEEKS

RN/WLK: Alternate between running and walking (see below)

RUN: Running should be at a pace that feels sustainable for the duration of your run that day

WLK: Walking should be brisk, fast enough for the heart rate rise but slow enough to talk

REST: Rest doesn't mean inactivity, it just means rest from running

FR: Stretching and Foam Rolling (see Foam Rolling video on ChrisBryan.com)

Don't be afraid to alternate between running and walking while you train and even during the race, particularly if you are not a seasoned runner. While walking is less strenuous, it still keeps the muscles engaged but allows the heart rate settle. Overtime you'll build endurance and will spend less time walking and more time running.

This training schedule is meant to supplement any other exercise programs and activities you normally participate in.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	RN/WLK 1 Mile FR	RUN 1 Mile FR	REST FR	RN/WLK 1.25 Mile FR	REST FR	RUN 1.25 Mile FR	REST or WLK 30 Min FR
2	RN/WLK 1.5 Mile FR	RUN 1.5 Mile FR	REST FR	RN/WLK 1.75 Mile FR	REST FR	RUN 1.75 Mile FR	REST or WLK 45 Min FR
3	RN/WLK 2 Mile FR	RUN 2 Mile FR	REST FR	RN/WLK 1 Mile FR	REST FR	RUN 1 Mile FR	REST or WLK 45 Min FR
4	RN/WLK 2.5 Mile FR	RUN 2.5 Mile FR	REST FR	RN/WLK 2.75 Mile FR	REST FR	RUN 2.75 Mile FR	REST or WLK 60 Min FR
5	RN/WLK 3 Mile FR	RUN 3 Mile FR	REST FR	RN/WLK 3.5 Mile FR	REST FR	RACE DAY	REST FR