



**5k OCT 5 FUN RUN**  
**SUN RUN**

**COUCH TO 5K**  
 10-Week Training Program

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY 28 - AUGUST 3</b>	Run 1 min. Walk 2 min. 1 mile	XT or Rest	Run 1 min. Walk 2 min. 1 mile	XT or Rest	XT or Rest	Run 1 min. Walk 2 min. 1.5 mile	45 min. walk or XT
<b>AUGUST 4 - 10</b>	Run 1.5 min. Walk 2 min. 1 mile	XT or Rest	Run 1.5 min. Walk 2 min. 1 mile	XT or Rest	XT or Rest	Run 1.5 min. Walk 2 min. 1.75 mile	45 min. walk or XT
<b>AUGUST 11 - 17</b>	Run 2 min. Walk 2 min. 1.5 mile	XT or Rest	Run 2 min. Walk 2 min. 1.5 mile	XT or Rest	XT or Rest	Run 2 min. Walk 2 min. 2 mile	45 min. walk or XT
<b>AUGUST 18 - 24</b>	Run 2.5 min. Walk 2 min. 1.5 mile	XT or Rest	Run 2.5 min. Walk 2 min. 1.5 mile	XT or Rest	XT or Rest	Run 2.5 min. Walk 2 min. 2.25 mile	45 min. walk or XT
<b>AUGUST 25 - 31</b>	Run 3 min. Walk 2 min. 2 miles	XT or Rest	Run 3 min. Walk 2 min. 2 miles	XT or Rest	XT or Rest	Run 3 min. Walk 2 min. 2.75 miles	50 min. walk or XT
<b>SEPTEMBER 1 - 7</b>	Run 3 min. Walk 1 min. 2 miles	XT or Rest	Run 3 min. Walk 1 min. 2 miles	XT or Rest	XT or Rest	Run 3 min. Walk 1 min. 3 miles	50 min. walk or XT
<b>SEPTEMBER 8 - 14</b>	Run 3.5 min. Walk 1 min. 2.5 miles	XT or Rest	Run 3.5 min. Walk 1 min. 2.5 miles	XT or Rest	XT or Rest	Run 3.5 min. Walk 1 min. 3 miles	55 min. walk or XT
<b>SEPTEMBER 15 - 21</b>	Run 4 min. Walk 1 min. 3 miles	XT or Rest	Run 4 min. Walk 1 min. 3 miles	XT or Rest	XT or Rest	Run 4 min. Walk 1 min. 3.25 miles	60 min. walk or XT
<b>SEPTEMBER 22 - 28</b>	Run 4 min. Walk 1 min. 3 miles	XT or Rest	Run 4 min. Walk 1 min. 3 miles	XT or Rest	XT or Rest	Run 4 min. Walk 1 min. 3.5 miles	60 min. walk or XT
<b>SEPTEMBER 29 - OCTOBER 5</b>	Run 4 min. Walk 1 min. 3 miles	XT or Rest	Run 4 min. Walk 1 min. 2 miles	XT or Rest	XT or Rest	Rest	<b>5K RACE!</b>

**9 AM • FOREST PARK - UPPER MUNY PARKING LOT • 5K • 1-MILE FUN RUN**

PROCEEDS BENEFIT:



PRESENTED BY:

For more information  
 visit [glennon.org/sunrun](http://glennon.org/sunrun)





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### HOW TO USE THE SCHEDULE

**Run/Walk Days** - By following the schedule, you will be running/walking three days a week. **Please do a warm up walk and cool down walk of five minutes each.** This will not only benefit your muscles but also will add distance (and calories burned!) to your workout. It is important to do all of your highlighted workouts. Running/walking three times a week will prepare your body for the increase in miles the following week. However, should you have concerns about the amount of run/walking or should you experience any physical complications, please speak with your coach or physician. Each week, your workouts will increase in length to a final distance of 3.5 miles. This will give you the endurance and mental advantage of doing more than your 5K goal race.

**XT** - "Cross Training" Days - A cross training exercise is any non-running/walking activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than running is important to keep your fitness regimen fun and your body injury-free.

**Walks** - This is a walk day where you will be walking at a comfortable pace. You should be able to walk and chat with a friend for 45 minutes to an hour. This is a day to get more time on your feet and get a good workout but not stress your muscles too much.

**Rest** - The all-important rest day. Each week you need to take a minimum of one full rest day a week (maximum three). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness.

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