



Saturday, June 1, 2019 | 9am
IBH Addiction Recovery Center

Couch-2-5K

Follow this 8 week program to go from the couch April 8th to the ADM Recovery Challenge 5K on June 1st.

Train with Runing2bWell every Monday at 6:30pm

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 20 min – Runing2bWell (40 min walk/run)	Rest	Run 1 min/Walk 4 min (Perform 5x)	Rest	Rest	Run 2 min/Walk 4 min (Perform 5x)	Rest
2	Run 1 min/Walk 1min (Perform 4x) Runing2bWell (40 min walk/run)	Cross Training	Run 2 min/Walk 3 min (Perform 4x)	Cross Training	Cross Training	Run 5 min/Walk 3 min (Perform 3x)	Rest
3	Run 1 min/Walk 1 min (Perform 10x) – Runing2bWell (40 min walk/run)	Rest	Run 2 min/Walk 4 min (Perform 5x)	Rest	Rest	Run 2 min/Walk 4 min (Perform 5x)	Rest
4	Run 3 min/Walk 3 min (Perform 4x) Runing2bWell (40 min walk/run)	Cross Training	Run 3 min/Walk 3 min (Perform 4x)	Cross Training	Cross Training	Run 5 min/Walk 3 min (Perform 3x)	Rest
5	Run 7 min/Walk 2 min (Perform 3x) Runing2bWell (40 min walk/run)	Cross Training	Run 8 min/Walk 2 min (Perform 3x)	Cross Training	Cross Training	Run 8 min/Walk 2 min (Perform 3x)	Rest
6	Run 8 min/Walk 2 min (Perform 3x) Runing2bWell (40 min walk/run)	Cross Training	Run 10 min/Walk 2 min (Perform 2x then run for 5 min)	Cross Training	Cross Training	Run 8 min/Walk 2 min (Perform 3x)	Rest
7	Run 9 min/Walk 1 min (Perform 3x) Runing2bWell (40 min walk/run)	Cross Training	Run 12 min/Walk 2 min (Perform 2x then run for 5 min)	Cross Training	Cross Training	Run 8 min/Walk 2 min (Perform 3x)	Rest
8	Run 15 min/Walk 1 min (Perform 3x) Runing2bWell (40 min walk/run)	Cross Training	Run 8 min/Walk 2 min (Perform 3x)	Rest	Rest	RACE DAY!	Rest

