



Couch to 5K Training Plan for Fall Festival Run 2021

Couch to 5K		w/r = walk/run intervals					
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 26	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Aug 2	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Aug 9	Rest	1.5 miles w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Aug 16	Rest	1.5 miles w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Aug 23	Rest	1.5 miles w/r	Cross	2 miles w/r	Rest	Cross	1 mile run
Aug 30	Rest	2 miles w/r	Cross	1 mile run	Rest	Cross	1.5 mile run
Sept 6	Rest	2 miles w/r	Cross	mile run	Rest	Cross	2 mile run
Sept 13	Rest	1 mile run	Cross	mile run	Rest	Cross	2.5 mile run
Sept 20	Rest	1 mile run	Cross	1 mile run	Rest	Cross	5k (3.11 miles)
							RACE DAY!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc.)
 Shoot for 50/50 with walk/run intervals the first couple weeks, but feel free to do more or less as your body allows
 This is a very loose schedule. Take it and modify as needed.

- The specific days are not as important as the number of days and the overall mileage per session

Created by Dr. Peter McMillan, PT, DPT - Healing Motion Physical Therapy - Corvallis
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