

Couch-to-5k Training Plan

for the Fifth Annual Memorial Day Two Gomers "Hey How's It Goin'" Virtual 5k

MAY 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	20 minute walk	Eight 1x2s (Alternate running 1 minute and walking 2 minutes, 8 times)	20 minute walk	Ten 1x2s	20 minute walk	15 minute run
5	6	7	8	9	10	11
Rest	25 minute walk	Ten 1x1s (Alternate walking 1 minute and running 1 minute, 10 times)	25 minute walk	Twelve 1x1s	25 minute walk	20 minute run
12	13	14	15	16	17	18
Rest	30 minute walk	Eight 2x1s (Alternate running 2 minutes and walking 1 minute, 8 times)	30 minute walk	Ten 2x1s	30 minute walk	25 minute run
19	20	21	22	23	24	25
Rest	Six 3x1s (Alternate running 3 minutes and walking 1 minute, 6 times)	30 minute walk	Eight 3x1s	Rest	Race Weekend!	
26	27	28	29	30	31	
Race Weekend!		Don't Stop!				