

Lodi Optimist's **one M@TH#R of a run**

Couch to 5K Training Program: Race Day May 13, 2017

	Week Starts	Workout 1 Run/Walk	Workout 2 Run/Walk	Workout 3 Run/Walk	Workout 4 Cross-Train	Week Ends
If you have the COURAGE to begin, you have the STRENGTH to succeed.						
Wk 1:	3/12/2017 Group Run: Track @ 4pm (30 min)	20 min walk	20 min walk	30 min walk	30 - 40 min	3/18/2017
What seems impossible today, will one day be your warm-up.						
Wk 2:	3/19/2017	Run 2 min, walk 4 min; repeat 5x 30 min total	Run 2 min, walk 4 min; repeat 5x 30 min total	Run 2 min, walk 4 min; repeat 5x 30 min total	30 - 40 min	3/25/2017
It doesn't get easier. YOU get stronger.						
Wk 3:	3/26/2017 Group Run: 4pm (30 min)	Run 5 min, walk 2 min; repeat 4x 28 min	Run 5 min, walk 2 min; repeat 4x 28 min	Run 5 min, walk 2 min; repeat 4x 28 min	30 - 40 min	4/1/2017
Sore? Tired? Out of Breath? Sweaty? GOOD... It's Working! You're Working!						
Wk 4:	4/2/2017	Run 7 min, walk 3 min; repeat 3x 30 min total	Run 7 min, walk 3 min; repeat 3x 30 min total	Run 7 min, walk 3 min; repeat 3x 30 min total	30 - 40 min	4/8/2017
Push yourself. No one else is going to do it for you.						
Week 5:	4/9/2017 Group Run: 4pm (30 min)	Run 8 min, walk 2 min; repeat 2x, then run 8 min 28 min	Run 8 min, walk 2 min; repeat 2x, then run 8 min 28 min	Run 8 min, walk 2 min; repeat 2x, then run 8 min 28 min	30 - 40 min	4/15/2017
Running is not about being better than someone else. It's about being better than you used to be.						
Wk 6:	4/16/2017	Run 9 min, walk 1 min; repeat 3x 30 min total	Run 9 min, walk 1 min; repeat 3x 30 min total	Run 9 min, walk 1 min; repeat 3x 30 min total	30 - 40 min	4/22/2017
Your body can stand almost anything... It's your mind that you have to convince.						
Wk 7:	4/23/2017 Group Run: 4pm (30 min)	Run 13 min, walk 2 min; repeat 2x 30 min total	Run 13 min, walk 2 min; repeat 2x 30 min total	Run 13 min, walk 2 min; repeat 2x 30 min total	30 - 40 min	4/29/2017
When you feel like quitting... remind yourself why you started.						
Wk 8:	4/30/2017	Run 14 min, walk 1 min; repeat 2x 30 min total	Run 14 min, walk 1 min; repeat 2x 30 min total	Run 14 min, walk 1 min; repeat 2x 30 min total	30 - 40 min	5/6/2017
If it doesn't challenge you, it doesn't change you.						
Wk 9:	5/7/2017 Group Run: 4pm (30 min)	Run 30 min Tues, 5/9	Run 20 min Wed, 5/10	Run 10 min Thurs, 5/11		5/13/2017 RACE DAY!
You are ONE M@TH#R of a runner! Congratulations! YOU did this!						

30 min walk (just a bonus to get you started!)



So... what does "Cross-Train" Mean? Swimming, biking, free weights... dig out those old Billy Blanks Tae-Bo videos, Suzanne Summers, Jane Fonda, Jillian Michaels... It's UP TO YOU! Make it Fun, Change it Up...