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

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

	Week Starts	Workout 1	Workout 2	Workout 3	Workout 4	Week Ends
	Week Starts	Run/Walk	Run/Walk	Run/Walk	Cross-Train	week Ends
	If you have the COURAGE to begin, you have the STRENGTH to succeed.					
/k 1:	3/12/2017 Group Run: Track @ 4pm (30	20 min walk	20 min walk	30 min walk	30 - 40 min	3/18/2017
	min)					
	(1)117	What seems im	possible today, will one d	ay be your warm-up.		
		D 0	D. O. T. H.A. T.	D. O. S. H. A. S.		3/25/2017
Wk 2:	3/19/2017	Run 2 min, walk 4 min;	Run 2 min, walk 4 min;	Run 2 min, walk 4 min;	30 - 40 min	
		repeat 5x	repeat 5x	repeat 5x		
		30 min total	30 min total	30 min total		
		It doe	e <mark>sn't get easier. YOU g</mark> e	et stronger.		
	3/26/2017	Run 5 min, walk 2 min:	Run 5 min, walk 2 min:	Run 5 min, walk 2 min:		
Wk 3:	Group Run: 4pm	repeat 4x	repeat 4x	repeat 4x	30 - 40 min	4/1/2017
	(30 min)	repear 4x	repear +x	Tepeur +x	70 10 111111	1, 1, 201,
	, ,	28 min	28 min	28 min		
	S	ore? Tired? Out of Bro	e <mark>ath? Sweaty? <i>GOO</i>D</mark>	<mark>It's Working! You're W</mark>	orking!	I
Wk 4:	4/2/2017	Run 7 min. walk 3 min:	Run 7 min. walk 3 min:	Run 7 min. walk 3 min:	30 - 40 min	4/8/2017
		repeat 3x	repeat 3x	repeat 3x		
		•	'	'		
		30 min total	30 min total	30 min total		
			If. No one else is going			I
Week 5:	4/9/2017 Group Run: 4pm (30 min)	Run 8 min, walk 2 min;	Run 8 min, walk 2 min;	Run 8 min, walk 2 min;	30 - 40 min	4/15/2017
		repeat 2x,	repeat 2x,	repeat 2x,		
		then run 8 min	then run 8 min	then run 8 min		
		28 min	28 min	28 min		
	Running is	not about being better t	than someone else. It s	<mark>about being better than '</mark> I	you used to be.	
		Run 9 min, walk 1 min;	Run 9 min, walk 1 min;	Run 9 min, walk 1 min;		
Wk 6:	4/16/2017	repeat 3x	repeat 3x	repeat 3x	30 - 40 min	4/22/2017
		20	20	20		
		30 min total	30 min total	30 min total T <mark>ind that you have to con</mark>	vince	
		your body can stand aimo	osi anyining Ii s your n	l	vince.	
	4/23/2017	Run 13 min, walk 2 min;	Run 13 min, walk 2 min;	Run 13 min, walk 2 min;		
<i>N</i> k 7:	Group Run: 4pm (30 min)	repeat 2x	repeat 2x	repeat 2x	30 - 40 min	4/29/2017
		20	20	20		
		30 min total	30 min total ike quitting remind your	30 min total		
		when you reel i	ike quitting remina your	sell why you started.		
		Run 14 min, walk 1 min;	Run 14 min, walk 1 min;	Run 14 min, walk 1 min;		
<i>N</i> k 8:	4/30/2017	repeat 2x	repeat 2x	repeat 2x	30 - 40 min	5/6/2017
		20	20	20		_ 1
		30 min total	30 min total n't challenge you, it does	30 min total		
	E /7 /2017	I II doesi	in a chancinge you, in does	in a change you.	7	V
۸/ ل ۵۰	5/7/2017 Group Run: 4pm	Run 30 min	Run 20 min	Run 10 min	\nearrow	5/13/2017
Wk 9:	(30 min)	Tues, 5/9	Wed, 5/10	Thurs, 5/11	57	RACE DAY!
	(30 mm)	Vou one ONE MOT	LI#D of a mumari Course	etuletienel VOLL did diciel	4	1
		you are UNE ME	mark of a runner! Congre	atulations! YOU did this!		

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...