



## 8 WEEK COUCH TO 2.62 TRAINING PROGRAM

(Begin training week of March 26th)

The training program below is being provided as a suggestion only without endorsement other than to say that it has been adapted from similar training programs created by Nike and other organizations to enable someone who has never run (jogged) before to be able to complete their first event. This does not mean that you will definitely be able to complete the event without walking some of it, but hopefully you will be well on your way toward that goal. Plan on "graduating" from each week's training steps before you move on to the steps in the following week. If you miss a day, it is better to save that day's workout and do them in order rather than skipping it and moving to the next one. The steps below do not take into account where you are starting from and anyone starting from scratch will need to let their body be their guide. Don't push too hard as you won't make your goal of being able to complete the event if you get injured training for it!!

### WEEK ONE (3/26)

Mon: Rest  
Tue: Jog 30 sec., walk 1:30. Do 10 times, total 20 min.  
Wed: Rest  
Thu: Jog 30 sec., walk 1:30. Do 10 times, total 20 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 1 min, walk 1 min. Do 10 times, total 20 min.

### WEEK TWO (4/2)

Mon: Rest  
Tue: Jog 1 min, walk 1 min. Do 10 times, total 20 min.  
Wed: Rest  
Thu: Jog 2 min, walk 4 min. Do 5 times, total 30 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 2 min, walk 4 min. Do 5 times, total 30 min.

### WEEK THREE (4/9)

Mon: Rest  
Tue: Jog 3 min, walk 3 min. Do 4 times, total 24 min.  
Wed: Rest  
Thu: Jog 3 min, walk 3 min. Do 4 times, total 24 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 5 min, walk 3 min. Do 3 times, total 24 min.

### WEEK FOUR (4/16)

Mon: Rest  
Tue: Jog 7 min, walk 2 min. Do 3 times, total 27 min.  
Wed: Rest  
Thu: Jog 8 min, walk 2 min. Do 3 times, total 30 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 8 min, walk 2 min. Do 3 times, total 30 min.

### WEEK FIVE (4/23)

Mon: Rest  
Tue: Jog 8 min, walk 2 min. Do 3 times, total 30 min.  
Wed: Rest  
Thu: Jog 10 min, walk 2 min. Do 2 times, then jog for 5 min, total 29 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 8 min, walk 2 min. Do 3 times, total 30 min.

### WEEK SIX (4/30)

Mon: Rest  
Tue: Jog 9 min, walk 1 min. Do 3 times, total 30 min.  
Wed: Rest  
Thu: Jog 12 min, walk 2 min. Do 2 times, then jog for 5 min, total 33 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 8 min, walk 2 min. Do 3 times, total 30 min.

### WEEK SEVEN (5/7)

Mon: Rest  
Tue: Jog 15 min, walk 1 min. Do 2 times, total 32 min.  
Wed: Rest  
Thu: Jog 18 min, walk 2 min. Do 2 times, total 40 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 12 min, walk 1 min. Do 3 times, total 39 min.

### WEEK EIGHT (5/14)

Mon: Rest  
Tue: Rest  
Wed: Jog 25 min. easy  
Thu: Rest  
Fri: Rest  
Sat: **Got2Run 2.62!!!!**

Since this will be your first race, you will probably not be set in your pace - the one that you have been training at for 8 weeks. It is extremely easy to get caught up in the excitement of the event and go out faster than your pace. Start slowly, and increase your pace depending on how you feel. Don't wait until you are exhausted before taking some one-minute walk breaks. Depending on the pace you set, on race day you may well find that you can run (jog) at least 25 minutes before you need a break. Whatever you do, enjoy the day and celebrate your incredible accomplishment!!