



# 12 WEEK COUCH TO 8K (4.97) TRAINING PROGRAM

(Begin training week of February 24th)

Please see the first paragraph of the 10 Week Couch To 8K (4.97) Training Program - there simply was not enough space to fit it here!

## WEEK ONE (2/24)

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 (3/2)

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 (3/9)

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 (3/16)

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 (3/23)

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 (3/30)

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 (4/6)

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 (4/13)

Mon: Rest  
Tue: Jog 20 min, walk 1 min. Do 2 times, total 42 min.  
Wed: Rest  
Thu: Jog 15 min, walk 2 min. Do 2 times, then jog for 10 min, total 44 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 12 min, walk 1 min. Do 3 times, total 42 min.

## WEEK NINE (4/20)

Mon: Rest  
Tue: Jog 22 min, walk 1 min. Do 2 times, total 46 min.  
Wed: Rest  
Thu: Jog 17 min, walk 2 min. Do 2 times, then jog for 10 min, total 48 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 14 min, walk 1 min. Do 3 times, total 45 min.

## WEEK TEN (4/27)

Mon: Rest  
Tue: Jog 24 min, walk 1 min. Do 2 times, total 50 min.  
Wed: Rest  
Thu: Jog 19 min, walk 2 min. Do 2 times, then jog for 14 min, total 56 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 17 min, walk 1 min. Do 3 times, total 54 min.

## WEEK ELEVEN (5/4)

Mon: Rest  
Tue: Jog 27 min, walk 1 min. Do 2 times, total 56 min.  
Wed: Rest  
Thu: Jog 21 min, walk 2 min. Do 2 times, then jog for 14 min, total 60 min.  
Fri: Rest  
Sat: Rest  
Sun: Jog 19 min, walk 1 min. Do 3 times, total 60 min.

## WEEK TWELVE (5/11)

Mon: Rest  
Tue: Rest  
Wed: Easy 35 min.  
Thu: Rest  
Fri: Rest  
Sat: **Got2Run 8K (4.97)!!!**

Please see the last paragraph of the 10 Week Couch To 8K (4.97) Training Program - there simply was not enough space to fit it here! Enjoy the day and celebrate your incredible accomplishment!!