



THE GERMAZING RACE

5K Run/Walk

COUCH TO 5K TRAINING

week	workout 1	workout 2	workout 3
<i>week of</i> 3/20	5 min walk, then alternate 60 sec run and 90 sec walk for a total of 20 mins	5 min walk, then alternate 60 sec run and 90 sec walk for a total of 20 mins	5 min walk, then alternate 60 sec run and 90 sec walk for a total of 20 mins
<i>week of</i> 3/27	5 min walk, then alternate 90 sec run and 2 min walk for a total of 20 mins	5 min walk, then alternate 90 sec run and 2 min walk for a total of 20 mins	5 min walk, then alternate 90 sec run and 2 min walk for a total of 20 mins
<i>week of</i> 4/3	5 min walk, then two repetitions of 90 sec run with a 90 sec walk followed by a 3 min run and 3 min walk	5 min walk, then two repetitions of 90 sec run with a 90 sec walk followed by a 3 min run and 3 min walk	5 min walk, then two repetitions of 90 sec run with a 90 sec walk followed by a 3 min run and 3 min walk
<i>week of</i> 4/10	5 min walk, then 3 min run , 90 sec walk 5 min run , 2.5 min walk 3 min run , 90 sec walk 5 min run	5 min walk, then 3 min run , 90 sec walk 5 min run , 2.5 min walk 3 min run , 90 sec walk 5 min run	5 min walk, then 3 min run , 90 sec walk 5 min run , 2.5 min walk 3 min run , 90 sec walk 5 min run
<i>week of</i> 4/17	5 min walk, then 5 min run , 3 min walk 5 min run , 3 min walk 5 min run	5 min walk, then 5 min run , 3 min walk 5 min run , 3 min walk 5 min run	5 min walk, then 5 min run , 3 min walk 5 min run , 3 min walk <i>5 min run</i>
<i>week of</i> 4/24	5 min walk, then 5 min run , 3 min walk 8 min run , 3 min walk 5 min run	5 min walk, then 5 min run , 3 min walk 8 min run , 3 min walk 5 min run	5 min walk, then 5 min run , 3 min walk 8 min run , 3 min walk 5 min run
<i>week of</i> 5/1	5 min walk, then run for 25 min	5 min walk, then run for 25 min	5 min walk, then run for 25 min
<i>week of</i> 5/8	5 min walk, then run for 28 min	5 min walk, then run for 28 min	5 min walk, then run for 28 min
<i>week of</i> 5/15	5 min walk, then run for 30 min	5 min walk, then run for 30 min	April 25th - Germazing Race!