Bryant Parks & Recreation
Couch to 5k

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest	Cross Train/Rest	5 Minute Walk 1min run/4min walk (repeat 5X) Total 30 min	Cross Train/Rest	5 Minute Walk 1min run/4min walk (repeat 5X) Total 30 min	Rest	5 Minute Walk 1min run/4min walk (repeat 5X) Total 30 min
2	Rest	Cross Train/Rest	5 Minute Walk 2min run/4min walk (repeat 4X) Total 29 min	Cross Train/Rest	5 Minute Walk 2min run/4min walk (repeat 4X) Total 29 min	Rest	5 Minute Walk 2min run/4min walk (repeat 4X) Total 29 min
3	Rest	Cross Train/Rest	5 Minute Walk 2min run/3min walk (repeat 5X) Total 30 min	Cross Train/Rest	5 Minute Walk 2min run/3min walk (repeat 5X) Total 30 min	Rest	5 Minute Walk 2min run/3min walk (repeat 5X) Total 30 min
4	Rest	Cross Train/Rest	5 Minute Walk 3min run/3min walk (repeat 4X) Total 29 min	Cross Train/Rest	5 Minute Walk 3min run/3min walk (repeat 4X) Total 29 min	Rest	5 Minute Walk 3min run/3min walk (repeat 4X) Total 29 min
5	Rest	Cross Train/Rest	5 Minute Walk 3min run/2min walk (repeat 5X) Total 30 min	Cross Train/Rest	5 Minute Walk 3min run/2min walk (repeat 5X) Total 30 min	Rest	5 Minute Walk 3min run/2min walk (repeat 5X) Total 30 min
6	Rest	Cross Train/Rest	4min run/3min walk (repeat 4X) Total 28 min	Cross Train/Rest	4min run/3min walk (repeat 4X) Total 28 min	Rest	4min run/3min walk (repeat 4X) Total 28 min
7	Rest	Cross Train/Rest	4min run/2min walk (repeat 5X) Total 30 min	Cross Train/Rest	4min run/2min walk (repeat 5X) Total 30 min	Rest	4min run/2min walk (repeat 5X) Total 30 min
8	Rest	Cross Train/Rest	5min run/1min walk (repeat 5X) Total 30 min	Cross Train/Rest	5min run/1min walk (repeat 5X) Total 30 min	Rest	5min run/1min walk (repeat 5X) Total 30 min
9	Rest	Cross Train/Rest	5 Minute Walk 15min run 10min walk Total 30 min	Cross Train/Rest	10min walk 10min run 10min walk Total 30 min	Rest	**RACE DAY**

BRYANT
Parks