



## Couch to 5k - Walk Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Rest	¾ mile walk	Cross training Stretch	1 mile walk	Rest Stretch	¾ mile walk	30-40 min walk OR cross train
<b>Week 2</b>	Rest	1 mile walk	Cross training Stretch	1.5 mile walk	Rest Stretch	1 mile walk	40-45 min walk OR cross train
<b>Week 3</b>	Rest	1.5 mile walk	Cross training Stretch	2 mile walk	Rest Stretch	2 mile walk	45-50 min walk OR cross train
<b>Week 4</b>	Rest	2 mile walk	Cross training Stretch	2.5 mile walk	Rest Stretch	2 mile walk	55-60 min walk OR cross train
<b>Week 5</b>	Rest	2 mile walk	Cross training Stretch	2.5 mile walk	Rest Stretch	2.5 mile walk	60 min walk OR cross train
<b>Week 6</b>	Rest	2.5 mile walk	1.5 mile walk	1 mile walk	Rest Stretch	Rest	<b><u>RACE DAY!</u></b>



# Couch to 5k - Beginner Program #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Rest	5 minute warm up walk [60 sec jog 90 sec walk] REPEAT x 8 5 minute cool down  Stretch	Cross training  Stretch	5 minute warm up walk [60 sec jog 90 sec walk] REPEAT x 8 5 minute cool down  Stretch	Rest  Stretch	Pilates  Cross train	5 minute warm up walk [90 sec jog 2 min walk] REPEAT x 6 5 minute cool down  Stretch
<b>Week 2</b>	Rest	5 minute warm up walk [200 yard jog 200 yard walk 400 yard jog 400 yard walk] REPEAT 5 minute cool down  Stretch	Cross training  Stretch	5 minute warm up walk [200 yard jog 200 yard walk 400 yard jog 400 yard walk] REPEAT 5 minute cool down  Stretch	Rest  Stretch	Pilates  Cross train	5 minute warm up walk ¼ mile jog 200 yard walk ½ mile jog ¼ mile walk ¼ mile jog 200 yard walk ½ mile jog 5 minute cool down  Stretch
<b>Week 3</b>	Rest	5 minute warm up walk ¼ mile jog 200 yard walk ½ mile jog ¼ mile walk ¼ mile jog 200 yard walk ½ mile jog 5 minute cool down  Stretch	Cross training  Stretch	5 minute warm up walk ½ mile jog ¼ mile walk ½ mile jog ¼ mile walk ½ mile jog 5 minute cool down  Stretch	Rest  Stretch	Pilates  Cross train	5 minute warm up walk ¾ mile jog ½ mile walk 1 mile jog 5 minute cool down  Stretch
<b>Week 4</b>	Rest	5 minute warm up walk 2 mile jog (no walking) 5 minute cool down  Stretch	Cross training  Stretch	5 minute warm up walk 2.5 mile run 5 minute cool down walk  Stretch	Rest  Stretch	Pilates  Cross train	5 minute warm up walk 2.25 mile run 5 minute cool down  Stretch
<b>Week 5</b>	Rest	5 minute warm up walk 2.75 mile run 5 minute cool down walk/jog  Stretch	Cross training  Stretch	5 minute warm up walk 2.75 mile run 5 minute cool down walk/jog  Stretch	Rest  Stretch	Pilates  Cross train	5 minute warm up walk 3 mile run 5 minute cool down walk/jog  Stretch
<b>Week 6</b>	Rest	5 minute warm up walk 3 mile run 5 minute cool down walk/jog  Stretch	Cross training  Stretch	5 minute warm up walk 2 mile run 5 minute cool down walk/jog  Stretch	Rest  Stretch	Pilates  Cross train	<b><u>RACE DAY!</u></b>



## Couch to 5k - Beginner Program #2

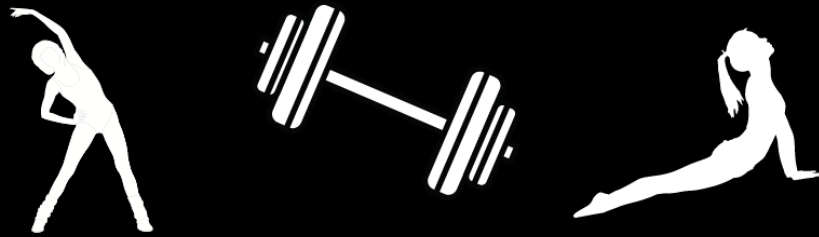
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	1.5 mile run	Cross training Stretch	2 mile run	Rest Stretch	1.5 mile run	30-40 min walk OR cross train
Week 2	Rest	2 mile run	Cross training Stretch	1.75 mile run	Rest Stretch	2 mile run	40-45 min walk OR cross train
Week 3	Rest	2 mile run	Cross training Stretch	2.5 mile run	Rest Stretch	2.5 mile run	45-50 min walk OR cross train
Week 4	Rest	2.75 mile run	Cross training Stretch	2 mile run	Rest Stretch	2.75 mile run	55-60 min walk OR cross train
Week 5	Rest	3 mile run	Cross training Stretch	2 mile run	Rest Stretch	3 mile run	60 min walk OR cross train
Week 6	Rest	3 mile run	Cross training Stretch	2 mile run	Rest Stretch	Rest	<b><u>RACE DAY!</u></b>

# Questions?

## *What is cross training?*

Cross-training is a mix of alternative workouts and exercises that will benefit your primary sport. As a runner, some potential cross training options include:

- Cardio exercise equipment; bike, elliptical, rower
- Biking outdoors
- Swimming
- Yoga
- Pilates
- Strength training



## *Where can I find guided resources for my cross training and stretching?*

- **Burnalong**
  - This online platform offers well-being classes and programs on many topics for your cross training needs
  - Free of charge for Mason students and employees!
  - Follow registration instructions here: <https://recreation.gmu.edu/fitness/virtual-fitness-options/burnalong-virtual/>
- **Mason Group Fitness**
  - Daily classes offered at the AFC and the RAC
  - Free of charge for Mason students and employees!
  - Find suitable cross training options on our Fall 2022 group fitness schedule: <https://recreation.gmu.edu/fitness/group-fitness/fall-2022/>