

# Couch-To-10K Training Plan

# **BOLDERBOULDER**

## OH YES YOU CAN!

You got this! The best way to improve your fitness is to set a goal. Keep it simple. Exercise 3 days a week. You pick the days. Rest in between.

## WALK OR JOG

Walk as much as you need to. Jog as much as you can. Once you start feeling more fit, increase the time that you jog at a conversational pace, meaning that you can converse without struggling to speak. Other options are hiking, swimming, skiing, cycling, rowing, elliptical, or anything else that you enjoy that gets your heart rate up a bit.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Walk or Jog 20 min.	Rest	Walk or Jog 20 min.	Rest	Rest	Walk or Jog 30 min.	Rest
WEEK 2	Walk or Jog 20 min.	Rest	Walk or Jog 20 min.	Rest	Rest	Walk or Jog 35 min.	Rest
WEEK 3	Walk or Jog 25 min.	Rest	Walk or Jog 25 min.	Rest	Rest	Walk or Jog 40 min.	Rest
WEEK 4	Walk or Jog 25 min.	Rest	Walk or Jog 25 min.	Rest	Rest	Walk or Jog 45 min.	Rest
WEEK 5	Walk or Jog 30 min.	Rest	Walk or Jog 30 min.	Rest	Rest	Walk or Jog 50 min.	Rest
WEEK 6	Walk or Jog 30 min.	Rest	Walk or Jog 30 min.	Rest	Rest	Walk or Jog 55 min.	Rest
WEEK 7	Walk or Jog 35 min.	Rest	Walk or Jog 35 min.	Rest	Rest	Walk or Jog 60 min.	Rest
WEEK 8	Walk or Jog 35 min.	Rest	Walk or Jog 35 min.	Rest	Rest	Walk or Jog 65 min.	Rest
WEEK 9	Walk or Jog 40 min.	Rest	Walk or Jog 40 min.	Rest	Rest	Walk or Jog 70 min.	Rest
WEEK 10	Walk or Jog 40 min.	Rest	Walk or Jog 40 min.	Rest	Rest	Walk or Jog 30 min.	Rest
RACE WEEK!	<b>BB10K</b>	Rest	Walk or Jog 20 min.	Rest	Rest	Walk or Jog 30 min.	Rest