

# Couch-to-10K Training Plan

**BOLDERBOULDER**

## OH YES YOU WILL!

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEN WEEKS OUT	Walk or Jog 20 min.	Rest	Walk or Jog 20 min.	Rest	Rest	Walk or Jog 30 min.	Rest
NINE WEEKS OUT	Walk or Jog 20 min.	Rest	Walk or Jog 20 min.	Rest	Rest	Walk or Jog 35 min.	Rest
EIGHT WEEKS OUT	Walk or Jog 25 min.	Rest	Walk or Jog 25 min.	Rest	Rest	Walk or Jog 40 min.	Rest
SEVEN WEEKS OUT	Walk or Jog 25 min.	Rest	Walk or Jog 25 min.	Rest	Rest	Walk or Jog 45 min.	Rest
SIX WEEKS OUT	Walk or Jog 30 min.	Rest	Walk or Jog 30 min.	Rest	Rest	Walk or Jog 50 min.	Rest
FIVE WEEKS OUT	Walk or Jog 30 min.	Rest	Walk or Jog 30 min.	Rest	Rest	Walk or Jog 55 min.	Rest
FOUR WEEKS OUT	Walk or Jog 35 min.	Rest	Walk or Jog 35 min.	Rest	Rest	Walk or Jog 60 min.	Rest
THREE WEEKS OUT	Walk or Jog 35 min.	Rest	Walk or Jog 35 min.	Rest	Rest	Walk or Jog 65 min.	Rest
TWO WEEKS OUT	Walk or Jog 40 min.	Rest	Walk or Jog 40 min.	Rest	Rest	Walk or Jog 70 min.	Rest
ONE WEEK OUT	Walk or Jog 40 min.	Rest	Walk or Jog 40 min.	Rest	Rest	Walk or Jog 30 min.	Rest
RACE WEEK!		Rest	Walk or Jog 20 min.	Rest	Rest	Walk or Jog 30 min.	Rest