

**Couch potato to 10K in 20 weeks:**

WEEK 1:

3 DAYS OF ACTIVITY- 30 MINUTES OF EASY WALKING ON SUNDAY, TUESDAY AND FRIDAY.

WEEK 2:

4 DAYS OF ACTIVITY - 30 MINUTES OF EASY WALKING ON SUNDAY, TUESDAY, AND THURSDAY. SATURDAY AS FOLLOWS: 10 MINUTE WALK, 3 MINUTE JOG, 7 MINUTE WALK, 3 MINUTE JOG, 7 MINUTE WALK.

WEEK 3:

4 DAYS OF ACTIVITY - SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 8 MINUTE WALK, 5 MINUTE JOG, 5 MINUTE WALK, 5 MINUTE JOG, 7 MINUTE WALK.

WEEK 4:

4 DAYS OF ACTIVITY - SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 6 MINUTE WALK, 7 MINUTE JOG, 5 MINUTE WALK, 6 MINUTE JOG, 6 MINUTE WALK.

WEEK 5:

4 DAYS OF ACTIVITY - SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 10 MINUTE JOG, 5 MINUTE WALK, 5 MINUTE JOG, 5 MINUTE WALK.

WEEK 6:

4 DAYS OF ACTIVITY - SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 10 MINUTE JOG, 2 MINUTE WALK, 8 MINUTE JOG, 5 MINUTE WALK.

WEEK 7:

4 DAYS OF ACTIVITY - SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 20 MINUTE JOG, 5 MINUTE WALK.

WEEK 8:

4 DAYS OF ACTIVITY - SUNDAY AND THURSDAY AS FOLLOWS: 5 MINUTE WALK, 20 MINUTE JOG, 5 MINUTE WALK. TUESDAY AND SATURDAY AS FOLLOWS: 5 MIN WALK, 25 MINUTE JOG, 5 MINUTE WALK.

WEEK 9:

4 DAYS OF ACTIVITY - SUNDAY, TUESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

WEEK 10:

5 DAYS OF ACTIVITY - SUNDAY, TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

WEEK 11:

5 DAYS OF ACTIVITY - SUNDAY AS FOLLOWS: 5 MINUTE WALK, 30 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

WEEK 12:

5 DAYS OF ACTIVITY - SUNDAY AS FOLLOWS: 5 MINUTE WALK, 35 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

WEEK 13 - 14:

5 DAYS OF ACTIVITY - SUNDAY AS FOLLOWS: 5 MINUTE WALK, 40 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

WEEK 15 - 19:

5 DAYS OF ACTIVITY - SUNDAY AS FOLLOWS: 5 MINUTE WALK, 45 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK.

RACE WEEK:

5 DAYS OF ACTIVITY - SUNDAY AS FOLLOWS: 5 MINUTE WALK, 30 MINUTE JOG, 5 MINUTE WALK. TUESDAY, WEDNESDAY, THURSDAY, AND SATURDAY AS FOLLOWS: 5 MINUTE WALK, 25 MINUTE JOG, 5 MINUTE WALK. 2 DAYS BEFORE RACE: OFF. DAY BEFORE RACE: 5 MINUTE WALK, 10 MINUTE JOG, 5 MINUTE WALK.