

# Pike Creek Valley Running Club Couch To 5K Training Schedule

	Work Out 1	Work Out 2	Work out 3
<b>Week 1</b>	10 minute warm up and stretching. Alternate: 60 seconds jogging with 90 seconds walking. Total time 30 minutes.	10 minute warm up and stretching. Alternate: 60 seconds jogging with 90 seconds walking. Total time 30 minutes.	Walk 5 kilometers. Time how long it takes you.
<b>Week 2</b>	10 minute warm up and stretching. Alternate: 90 seconds jogging with 2 minutes walking. Total time 20 minutes.	10 minute warm up and stretching. Alternate: 90 seconds jogging with 2 minutes walking. Total time 20 minutes.	Walk 5 kilometers. Aim to beat previous week's time.
<b>Week 3</b>	10 minute warm up and stretching. Repeat this cycle twice: Jog 90 seconds, walk 90 seconds Jog 3 minutes, walk 3 minutes.	10 minute warm up and stretching. Repeat this cycle twice: Jog 90 seconds, walk 90 seconds Jog 3 minutes, walk 3 minutes.	Walk 5 kilometers. Aim to beat previous week's time.
<b>Week 4</b>	10 minute warm up and stretching. Jog 3 min; Walk 90 sec; Jog 5 min; Walk 5 min; Jog 3 min; Walk 90 sec; Jog 5 min	10 minute warm up and stretching. Jog 3 min; Walk 90 sec; Jog 5 min; Walk 5 min; Jog 3 min; Walk 90 sec; Jog 5 min	Walk 5 kilometers. Aim to beat previous week's time.
<b>Week 5</b>	10 minute warm up and stretching. Jog 5 min; Walk 3 min; Jog 8 min; Walk 3 min; Jog 5 min	10 minute warm up and stretching. Jog 5 min; Walk 3 min; Jog 8 min; Walk 3 min; Jog 5 min	Walk 5 kilometers. Aim to beat previous week's time.
<b>Week 6</b>	10 minute warm up and stretching. Jog 5 min; Walk 3 min; Jog 8 min; Walk 3 min; Jog 5 min	10 minute warm up and stretching. Jog 5 min; Walk 3 min; Jog 8 min; Walk 3 min; Jog 5 min	Run 1 kilometer. Walk 4 kilometers.
<b>Week 7</b>	10 minute warm up and stretching. Jog 23 minutes	10 minute warm up and stretching. Jog 23 minutes	Run 2 kilometers. Walk 3 kilometers.
<b>Week 8</b>	10 minute warm up and stretching. Jog 25 minutes	10 minute warm up and stretching. Jog 25 minutes	Run 3 kilometers. Walk 2 kilometers.
<b>Week 9</b>	10 minute warm up and stretching. Jog 28 minutes	10 minute warm up and stretching. Jog 28minutes	Run 4 kilometers. Walk 1 kilometer.
<b>Week 10</b>	10 minute warm up and stretching. Jog 30 minutes	10 minute warm up and stretching. Jog 30 minutes	Run 5 kilometers!

**Training: Thursdays 6:00-7:00pm at Delcastle Park, McKennans Church Rd.**

**PCVRC.com**

