

Virtual Training Table 1

18 Week Program Prerequisites: (Have completed 2 5K's within the past year and is currently active at least 1 hour a week)

26 Week Program Prerequisites: (Have completed 1 5K within the past year or is currently active walk/run 1 hour a week)

52 Week Program Prerequisites: (NONE)

Your weekly program will be determined by your COACH			VIRTUAL TRAINING BY TIME COUCH TO 5K OR 10K TIME/DISTANCES 18/26/52 WEEK PROGRAMS							
18 Week Program	26 Week Program	52 week Program	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Total Weekly Time
1	1	1	15 minutes casual walk/run	Rest	Rest	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour
		2	15 minutes casual walk/run	Rest	Rest	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour
	2	3	15 minutes casual walk/run	Rest	Rest	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour
2		4	15 minutes casual walk/run	Rest	Rest	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour
	3	5	15 minutes casual walk/run	Rest	15 minute casual walk/run	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour 15 minutes
		6	15 minutes casual walk/run	Rest	15 minute casual walk/run	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour 15 minutes
3	4	7	15 minutes casual walk/run	Rest	15 minute casual walk/run	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour 15 minutes
		8	15 minutes casual walk/run	Rest	15 minute casual walk/run	Core Workout - Cross Training	15 minute casual walk/run	Rest	30 minutes casual walk/run	1 hour 15 minutes
	5	9	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	30 minutes casual walk/run	1 hour 30 minutes

Your weekly program will be determined by your COACH

VIRTUAL TRAINING BY TIME
COUCH TO 5K OR 10K TIME/DISTANCES
18/26/52 WEEK PROGRAMS

4		10	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	30 minutes casual walk/run	1 hour 30 minutes
	6	11	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	30 minutes casual walk/run	1 hour 30 minutes
		12	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	30 minutes casual walk/run	1 hour 30 minutes
5	7	13	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	45 minutes casual walk/run	1 hour 45 minutes
		14	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	45 minutes casual walk/run	1 hour 45 minutes
	8	15	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	45 minutes casual walk/run	1 hour 45 minutes
6		16	20 minutes casual walk/run	Rest	20 minutes casual walk/run	Core Workout - Cross Training	20 minutes casual walk/run	Rest	45 minutes casual walk/run	1 hour 45 minutes
	9	17	25 minutes casual walk/run	Rest	25 minutes casual walk/run	Core Workout - Cross Training	25 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours
		18	25 minutes casual walk/run	Rest	25 minutes casual walk/run	Core Workout - Cross Training	25 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours
7	10	19	25 minutes casual walk/run	Rest	25 minutes casual walk/run	Core Workout - Cross Training	25 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours
		20	25 minutes casual walk/run	Rest	25 minutes casual walk/run	Core Workout - Cross Training	25 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours
	11	21	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours and 15 minutes
8		22	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours and 15 minutes

Your weekly program will be determined by your COACH

VIRTUAL TRAINING BY TIME COUCH TO 5K OR 10K TIME/DISTANCES 18/26/52 WEEK PROGRAMS

	12	23	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours and 15 minutes
		24	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	45 minutes casual walk/run	2 hours and 15 minutes
9	13	25	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour casual walk/run	2 hours and 30 minutes
		26	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour casual walk/run	2 hours and 30 minutes
	14	27	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour casual walk/run	2 hours and 30 minutes
10		28	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour casual walk/run	2 hours and 30 minutes
	15	29	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	2 hours and 45 minutes
		30	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	2 hours and 45 minutes
11	16	31	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	2 hours and 45 minutes
		32	30 minutes casual walk/run	Rest	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	2 hours and 45 minutes
	17	33	30 minutes casual walk/run	15 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours
12		34	30 minutes casual walk/run	15 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours
	18	35	30 minutes casual walk/run	15 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours
		36	30 minutes casual walk/run	15 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours

Your weekly program will be determined by your COACH

VIRTUAL TRAINING BY TIME COUCH TO 5K OR 10K TIME/DISTANCES 18/26/52 WEEK PROGRAMS

13	19	37	30 minutes casual walk/run	30 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 15 minutes
		38	30 minutes casual walk/run	30 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 15 minutes
	20	39	30 minutes casual walk/run	30 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 15 minutes
14		40	30 minutes casual walk/run	30 minutes medium walk/run	30 minutes casual walk/run	Core Workout - Cross Training	30 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 15 minutes
	21	41	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 30 minutes
		42	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 30 minutes
15	22	43	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 30 minutes
		44	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 15 minutes casual walk/run	3 hours and 30 minutes
	23	45	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 30 minutes	3 hours and 45 minutes
16		46	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 30 minutes	3 hours and 45 minutes
	24	47	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 30 minutes	3 hours and 45 minutes
		48	35 minutes casual walk/run	30 minutes medium walk/run	35 minutes casual walk/run	Core Workout - Cross Training	35 minutes casual walk/run	Rest	1 hour and 30 minutes	3 hours and 45 minutes
17	25	49	40 minutes casual walk/run	30 minutes medium walk/run	40 minutes casual walk/run	Core Workout - Cross Training	40 minutes casual walk/run	Rest	1 hour and 30 minutes	4 hours

<p>Your weekly program will be determined by your COACH</p>	<p>VIRTUAL TRAINING BY TIME <u>COUCH TO 5K OR 10K</u> TIME/DISTANCES 18/26/52 WEEK PROGRAMS</p>
--	--

		50	40 minutes casual walk/run	30 minutes medium walk/run	40 minutes casual walk/run	Core Workout - Cross Training	40 minutes casual walk/run	Rest	1 hour and 30 minutes	4 hours
	26	51	40 minutes casual walk/run	30 minutes medium walk/run	40 minutes casual walk/run	Core Workout - Cross Training	40 minutes casual walk/run	Rest	1 hour and 30 minutes	4 hours
18		52	40 minutes casual walk/run	30 minutes medium walk/run	40 minutes casual walk/run	Core Workout - Cross Training	40 minutes casual walk/run	Rest	1 hour and 30 minutes	4 hours