MCC Couch to 5K Run Plan

This plan is set up with the goal to prepare you to jog/run the MCC 5k on October 2nd, 2021. You can adjust the suggested workouts based on your own experience, schedule, and desire to train. If you have questions about this plan please reach out to Katie (kghidiu@monroecc.edu or Morgan (mkennell@monroecc.edu)!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 10 minutes; 15 minutes alternating 30 seconds jog/ 30 seconds walk; walk 5 minutes (30 minutes total workout)	Walk 30 minutes	Run 1 mile	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minute total workout)	Walk 10 minutes; 15 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minutes total workout)	Rest day
2	Run 1 mile	Walk 30 minutes	Run 1.25 miles	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minute total workout)	Walk 10 minutes; 15 minutes alternating 2 minutes jog/ 60 seconds walk; walk 5 minutes (30 minutes total workout)	Rest day
3	Run 1.5 miles	Walk 30 minutes	Run 1.5 miles	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 30 seconds jog/ 30 seconds walk; walk 5 minutes (30 minute total workout)	Run 1.5 miles	Rest day

4	Run 1.5 miles	Walk 35 minutes	Run 1.75 miles	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minute total workout)	Run 1.5 miles	Rest day
5	Run 1.5 miles	Walk 40 minutes	Run 2 miles	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minute total workout)	Run 1.5 miles	Rest day
6	Run 2 miles	Walk 45 minutes	Run 2.25 miles	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minute total workout)	Run 2 miles	Rest day
7	Run 2 miles	Wak 50 minutes	Run 2.5 miles	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minute total workout)	Run 2 miles	Rest day

8	Run 2 miles	Walk 55 minutes	Run 2.75 miles	Rest day	Cross train OR Walk 5 minutes; 20 minutes alternating 60 seconds jog/ 60 seconds walk; walk 5 minutes (30 minute total workout)	Run 2 miles	Rest day
9	Run 2 miles	Walk 60 minutes	Run 3 miles	Rest day	Rest day	MCC 5K!	Rest day