

MCC Couch to 5K Walk Plan

This plan is set up with the goal to prepare you to walk 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 1 mile	Walk or cross train 30 minutes	Walk 1 mile	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Rest day
2	Walk 1 mile	Walk or cross train 30 minutes	Walk 1.25 miles	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Rest day
3	Walk 1.5 miles	Walk or cross train 30 minutes	Walk 1.5 miles	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 1.5 miles	Rest day
4	Walk 1.5 miles	Walk or cross train 35 minutes	Walk 1.75 miles	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 1.5 miles	Rest day
5	Walk 1.5 miles	Walk or cross train 40 minutes	Walk 2 miles	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 1.5 miles	Rest day

6	Walk 2 miles	Walk or cross train 45 minutes	Walk 2.25 miles	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 2 miles	Rest day
7	Walk 2 miles	Walk or cross train 50 minutes	Walk 2.5 miles	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 2 miles	Rest day
8	Walk 2 miles	Walk or cross train 55 minutes	Walk 2.75 miles	Rest day	Walk 10 minutes; power walk for 15 minutes; walk 5 minutes (30 minute total workout)	Walk 2 miles	Rest day
9	Walk 2 miles	Walk or cross train 60 minutes	Walk 3 miles	Rest day	Rest day	MCC 5k Race!	Rest day