

# 4 Week Couch to 5K

For Seniors

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk 18 min	Rest	Walk 22 min	Rest	Walk 26 min	Rest	Cross train (Swimming, Biking, etc)

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk 10 min, run 2 min, walk 10 min	Rest	Walk 12 min, run 4 min, walk 10 min	Rest	Walk 14 minutes, run 6 minutes, walk 10 min	Rest	Cross train (Swimming, Biking, etc)

## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk 10 min, run 8 min, walk 10 min	Rest	Walk 12 min, run 12 min, walk 8 min	Rest	30-60 minutes cross-train	Walk 12 min, run 16 min, walk 6 min	Cross train (Swimming, Biking, etc)

## Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk 10 min, run 20 min, walk 10 min	Rest	Walk 10 min, run 10 min, walk 10 min	Rest	Walk 10 min, run 5 min, walk 10 min	Rest	5k Race!