



**Go from "Couch to 5K" in 9 weeks!**

**Commit and make the resolution by registering at [www.mvt5k.com](http://www.mvt5k.com) and come run with us!**

*Allow at least one rest day between workouts. Consult a physician before adopting any new exercise program.*

Week	Workout 1	Workout 2	Workout 3
<b>Beginning</b> 12/4/2017	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
12/11/2017	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
12/18/2017	Brisk five-minute warmup walk, then do <b>two repetitions</b> of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes	Brisk five-minute warmup walk, then do <b>two repetitions</b> of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes	Brisk five-minute warmup walk, then do <b>two repetitions</b> of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes)
12/25/2017	Brisk five-minute warmup walk, then: Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2-1/2 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes	Brisk five-minute warmup walk, then: Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2-1/2 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes	Brisk five-minute warmup walk, then: Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2-1/2 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes
1/1/2018	Brisk five-minute warmup walk, then: Jog 5 minutes Walk 3 minutes Jog 5 minutes Walk 3 minutes Jog 5 minutes	Brisk five-minute warmup walk, then: Jog 8 minutes Walk 5 minutes Jog 8 minutes	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
1/8/2018	Brisk five-minute warmup walk, then: Jog 5 minutes Walk 3 minutes Jog 8 minutes Walk 3 minutes Jog 5 minutes	Brisk five-minute warmup walk, then: Jog 10 minutes Walk 3 minutes Jog 10 minutes	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.
1/15/2018	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
1/22/2018	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
1/29/2018	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	<b>TOROS 5K: RUN WITH THE BULLS!</b> <a href="http://www.mvtrun.com">www.mvtrun.com</a>

*Program adapted from [coolrunning.com](http://coolrunning.com)*

Get the app for a great running partner!