

6 week Couch to 5k Training Calendar

Program Start – _____

Peak Event Date – _____

GOAL – _____

TRAINING CALENDAR LEGEND

- - Colour signifies easy day/effort
- R - Rest day
- XT - Cross train – bike, swim, squash, etc.

*All training efforts are shown in **minutes**

**ON _____, I WILL
COMPLETE A 5k**

Week #1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	<p>20 Min total</p> <p>-4 minute walk -1 minute run</p>	R	<p>20 Min total</p> <p>-4 minute walk -1 minute run</p>	R	<p>30 Min total</p> <p>-4 minute walk -1 minute run</p>	R XT
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

**ON _____, I WILL
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Week #2

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	<p>20 Min total</p> <p>-3 minute walk -2 minute run</p>	R	<p>25 Min total</p> <p>-3 minute walk -2 minute run</p>	R	<p>35 Min total</p> <p>-3 minute walk -2 minute run</p>	R XT
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

**ON _____, I WILL
COMPLETE A 5k**

Week #3

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	<p>25 Min total</p> <p>-3 minute walk -2 minute run</p>	R	<p>30 Min total</p> <p>-3 minute run -2 minute walk</p>	R	<p>35 Min total</p> <p>-3 minute run -2 minute walk</p>	R XT
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

**ON _____, I WILL
COMPLETE A 5k**

Week #4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	<p>30 Min total</p> <p>-3 minute run -2 minute walk</p>	R	<p>30 Min total</p> <p>-3 minute run -2 minute walk</p>	R	<p>40 Min total</p> <p>-3 minute run -2 minute walk</p>	R XT
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

**ON _____, I WILL
COMPLETE A 5k**

Week #5

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	<p style="color: blue; margin: 0;">35 Min total</p> <p style="margin: 0;">-3 minute run -2 minute walk</p>	R	<p style="color: blue; margin: 0;">20 Min total</p> <p style="margin: 0;">-4 minute run -1 minute walk</p>	R	<p style="color: blue; margin: 0;">45 Min total</p> <p style="margin: 0;">-3 minute run -2 minute walk</p>	R XT
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>

**ON _____, I WILL
COMPLETE A 5k**

Week # 6

Mon	Tue	Wed	Thu	Fri	Sat	Sun
R	<p style="color: blue; margin: 0;">20 Min total</p> <p style="margin: 0;">-4 minute run -1 minute walk</p>	R	<p style="color: blue; margin: 0;">30 Min total</p> <p style="margin: 0;">-4 minute run -1 minute walk</p>	R	R	
<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>	<p>Treadmill/Outside</p> <p>Avg. Speed: _____</p> <p>Avg. HR: _____</p> <p>Shoes: _____</p> <p>Temp: _____</p> <p>Notes:</p>			<p>RESULTS:</p> <p>Time:</p> <p>_____</p> <p>Comments:</p>