

# COUCH TO 10KM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Run 3x(3min run/2min walk)	Rest	2 km easy run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday
WEEK 2	Rest	Run 4x(4min run/1min walk)	Rest	3 km easy run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday
WEEK 3	Rest	Run 5x(5min run/1min walk)	Rest	3.5 km run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday
WEEK 4	Rest	20 min continuous run	Rest	4 km run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday
WEEK 5	Rest	Run 6x(3 min run/1 min walk)	Rest	4.5 km run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday
WEEK 6	Rest	25 min continuous run	Rest	5 km run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday
WEEK 7	Rest	30 min continuous run	Rest	5 km run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday
WEEK 8	Rest	20 min easy run	Rest	4 km easy run	Strength/Mobility	Rest	P.E.R.C. Sunday Runday