



**HUNTSMAN**  
**SPORTSFEST**

# COUCH TO K TRAINING SCHEDULE

*This training program spans 6 weeks. The 10K schedule designed for those who can comfortably run 2 miles. Feel free to incorporate walking breaks as needed.*

	5K TRAINING SCHEDULE	10K TRAINING SCHEDULE
<b>WEEK 1</b>	Run 5 minutes + walk 1 minute <i>*Repeat 3 times</i>	2 Miles
	Run 6 minutes + walk 1 minute <i>*Repeat 3 times</i>	2 Miles
	Run 7 minutes + walk 1 minute <i>*Repeat 3 times</i>	3 Miles
<b>WEEK 2</b>	Run 7 minutes + walk 1 minute <i>*Repeat 3 times</i>	2.5 Miles
	Run 8 minutes + walk 1 minute <i>*Repeat 3 times</i>	2.5 Miles
	Run 9 minutes + walk 1 minute <i>*Repeat 3 times</i>	3.5 Miles
<b>WEEK 3</b>	Run 10 minutes + walk 1 minute <i>*Repeat 2 times</i>	3 Miles
	Run 12 minutes + walk 1 minute <i>*Repeat 2 times</i>	3 Miles
	Run 13 minutes + walk 1 minute <i>*Repeat 2 times</i>	4 Miles
<b>WEEK 4</b>	Run 15 minutes + walk 1 minute <i>*Repeat 2 times</i>	3 Miles
	Run 17 minutes + walk 1 minute + run 7 minutes	3 Miles
	Run 19 minutes + walk 1 minute + run 7 minutes	5 Miles
<b>WEEK 5</b>	Run 20 minutes + walk 1 minute + run 6 minutes	3 Miles
	Run 24 minutes	3 Miles
	Run 26 minutes	5.5 Miles
<b>WEEK 6</b>	Run 28 minutes	2 Miles
	Run 30 minutes	2 Miles