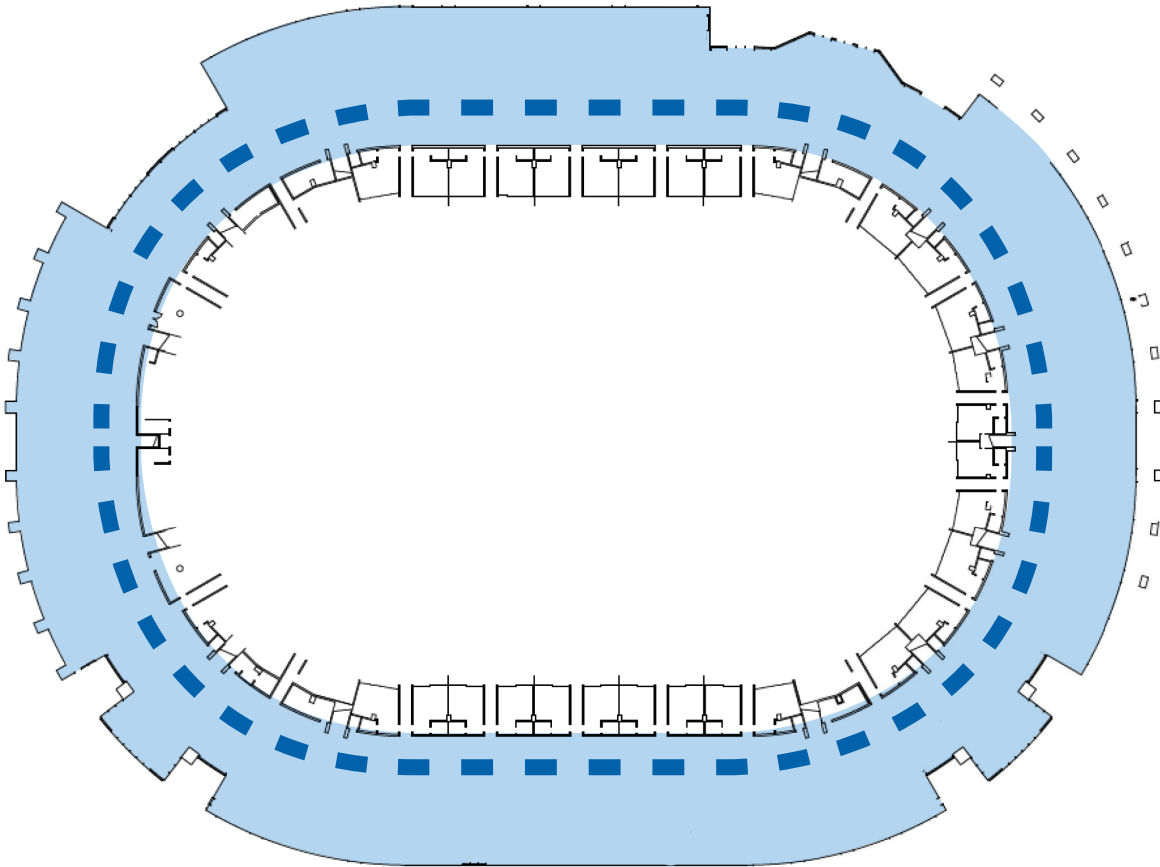


The BeWell Jogger's Plan Couch to 5K

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	5 min walk 2 min jog 5 min walk	Relax	5 min walk 2 min jog 5 min walk	Relax	5 min walk 3 min jog 5 min walk	Relax	Relax
2	5 min walk 3 min jog 5 min walk	Relax	5 min walk 4 min jog 5 min walk	Relax	5 min walk 5 min jog 5 min walk	Relax	Relax
Buddy up! Research shows that you're more likely to stay motivated and accomplish goals with a friend.							
3	5 min walk 6 min jog 5 min walk	Relax	4 min jog 5 min walk 4 min jog 5 min walk	Relax	5 min walk 7 min jog 5 min walk	Relax	Relax
4	5 min walk 7 min jog 5 min walk	Relax	5 min walk 8 min jog 5 min walk	Relax	5 min walk 9 min jog 5 min walk	Relax	Relax
Be sure to warm up and cool down with some light stretching!							
5	5 min walk 9 min jog 5 min walk	Relax	6 min jog 5 min walk 6 min jog 5 min walk	Relax	6 min jog 5 min walk 7 min jog 5 min walk	Relax	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax	13 min jog 5 min walk	Relax	15 min jog 5 min walk	Relax	Relax
7	15min jog 5 min walk	Relax	8 min jog 5 min walk 8 min jog 5 min walk	Relax	16 min jog 5 min walk	Relax	17 min jog 5 min walk
Challenge yourself to climbing one to two sets of stairs between each lap for an added cardio boost.							
8	17 min jog 5 min walk	Relax	18 min jog 5 min walk	Relax	20 min jog 5 min walk	Relax	Relax
9	20 min jog	Relax	12 min jog 5 min walk 12 min jog	Relax	20 min jog 5 min walk	Relax	25 min jog
Focus on your pace, stairs climbed and total distance.							
10	20 min jog	Relax	27 min jog	Relax	30 min jog	Relax	RACE DAY
You have surpassed your goal of running a 5K, which is only 3.2 miles!							

You should always consult your physician prior to beginning any exercise program.

The BeWell Couch to 5K Training Guide



Don't forget to hydrate. Our bodies are approximately 66% water. Before a long walk or workout, drink plenty of fluids. The morning before the event, drink 8-16 oz. of water two hours before to allow for your kidneys to process and empty your bladder.

Practice proper running form. When walking or jogging uphill, shorten your stride, and drive more with your arms. Try to maintain an even effort, not pace. For the downhill, let gravity work for you by leaning slightly forward.

Protect your feet. The average life of a walking or running shoe is 400-500 miles. Make sure to suit up with the right pair of shoes for your training style.

**Looking for some training inspiration?
Join #BeWellFans for Well Walkers throughout the month.
Check out #BeWellFans on Facebook for a full schedule.**