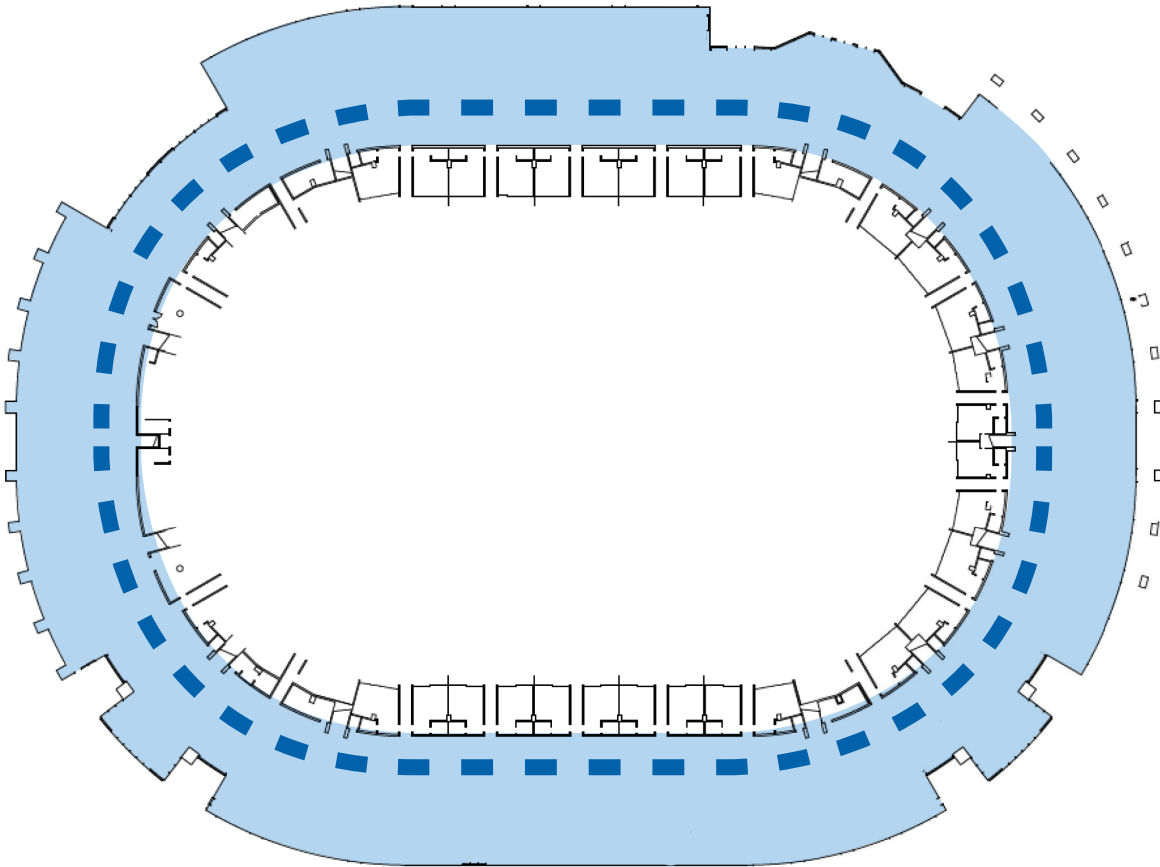


The BeWell Walker's Plan Couch to 5K

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	20-30 min 5-7 laps 1.25-1.75 mi	20-30 min 5-7 laps 1.25-1.75 mi	Relax	20-30 min 5-7 laps 1.25-1.75 mi	20-30 min 5-7 laps 1.25-1.75 mi	Optional	Relax
2	20-30 min 5-7 laps 1.25-1.75 mi	20-30 min 5-7 laps 1.25-1.75 mi	Relax	20-30 min 5-7 laps 1.25-1.75 mi	20-30 min 5-7 laps 1.25-1.75 mi	Optional	Relax
Buddy up! Research shows that you're more likely to stay motivated and accomplish goals with a friend.							
3	30-40 min 7-9 laps 1.75-2.25 mi	30-40 min 7-9 laps 1.75-2.25 mi	Relax	30-40 min 7-9 laps 1.75-2.25 mi	30-40 min 7-9 laps 1.75-2.25 mi	Optional	Relax
4	30-40 min 7-9 laps 1.75-2.25 mi	30-40 min 7-9 laps 1.75-2.25 mi	Relax	30-40 min 7-9 laps 1.75-2.25 mi	30-40 min 7-9 laps 1.75-2.25 mi	Optional	Relax
Be sure to warm up and cool down with some light stretching!							
5	40-60 min 9-11 laps 2.25-2.75 mi	40-60 min 9-11 laps 2.25-2.75 mi	Relax	40-60 min 9-11 laps 2.25-2.75 mi	40-60 min 9-11 laps 2.25-2.75 mi	Optional	Relax
6	40-60 min 9-11 laps 2.25-2.75 mi	40-60 min 9-11 laps 2.25-2.75 mi	Relax	40-60 min 9-11 laps 2.25-2.75 mi	40-60 min 9-11 laps 2.25-2.75 mi	Optional	Relax
7	40-60 min 9-11 laps 2.25-2.75 mi	40-60 min 9-11 laps 2.25-2.75 mi	Relax	40-60 min 9-11 laps 2.25-2.75 mi	40-60 min 9-11 laps 2.25-2.75 mi	Optional	Relax
Challenge yourself to climbing one to two sets of stairs between each lap for an added cardio boost.							
8	50+ minutes 12+ laps 3.0+ miles	50+ minutes 12+ laps 3.0+ miles	Relax	50+ minutes 12+ laps 3.0+ miles	50+ minutes 12+ laps 3.0+ miles	Optional	Relax
9	60+ minutes 14+ laps 3.5+ miles	Relax	60+ minutes 14+ laps 3.5+ miles	Relax	60+ minutes 14+ laps 3.5+ miles	Optional	Relax
Focus on your pace, stairs climbed and total distance.							
10	3.5 miles	Relax	3.0 miles	Relax	2.0 miles	Relax	RACE DAY
You have surpassed your goal of walking 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.**