

Couch to 3 Miles Program

* Earns "50 mile club"



| Week | Monday | Wednesday | Friday |
|-------------------|---|---|---|
| June 4-10 | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. |
| June 11-17 | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. |
| June 18-24 | Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes) | Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes) | Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or 3 minutes) |
| June 25 July 1 | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2-1/2 minutes) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2-1/2 minutes) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2-1/2 minutes) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) |
| July 2-8 | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 minutes) • Walk 1/2 mile (or 5 minutes) • Jog 3/4 mile (or 8 minutes) | Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking. |
| July 9-15 | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 3/4 mile (or 8 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1 mile (or 10 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1 mile (or 10 minutes) | Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking. |
| July 16-22 | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). |
| July 23-29 | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). |

Source: CoolingRunning.com

I agree that I have completed the "Couch to 3 miles" training program this summer.

Athlete Signature

Parent Signature