

KP Run/Walk “Couch” to 5k – 8 Week Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 min. run/walk	Cross Training i.e. Bike, Swim, HIIT	20 min. run/walk	Cross Training i.e. Bike, Swim, HIIT	Active Rest i.e. Stretch, Dance, Yoga	OFF	1.00 mile run/walk
2	24 min. run/walk	Cross Training	24 min. run/walk	Cross Training	Active Rest	OFF	1.50mile run/walk
3	28 min. run/walk	Cross Training	28 min. run/walk	Cross Training	Active Rest	OFF	2.00 mile run/walk
4	30 min. run/walk	Cross Training	30 min. run/walk	Cross Training	Active Rest	OFF	2.50 mile run/walk
5	32 min. run/walk	Cross Training	32 min. run/walk	Cross Training	Active Rest	OFF	3.0 mile run/walk
6	34 min. run/walk	Cross Training	34 min. run/walk	Cross Training	Active Rest	OFF	3.25 mile run/walk
7	38 min. run/walk	Cross Training	38 min. run/walk	Cross Training	Active Rest	OFF	2.0 mile run/walk
8	42 min. run/walk	Cross Training	42 min. run/walk	Cross Training	Active Rest	OFF	<u>RACE DAY!</u>

Go to www.kpwellnessu.org to learn about wellness resources and offerings.

For exercising, you earn credits towards great Wellness University rewards.

Go to the [Event Codes](#) page and enter *ongoing fitness program* activity code to earn up to 2 credits per week.

Remember, check with your physician before you start any exercise program.