

5K Couch to Finish Line Challenge Program Kick-off
 Fitness Registration

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Program Announcement							
3/12/2011	1	Cross Train	1/4 run/ 3/4 mi walk	Rest or run/walk	1/4 run/ 3/4 mi walk	Rest	1/4 run/ 3/4 mi walk 30 min walk
3/19/2011	2	Cross Train	1/4 run/ 1 mi walk	Rest or run/walk	1/4 run/ 1 mi walk	Rest	1/4 run/ 1 mi walk 35 min walk
3/26/2011	3	Cross Train	1/2 m run / 1 mi walk	Rest or run/walk	1/2 m run / 1 mi walk	Rest	1/2 m run / 1 mi walk 40 min walk
4/2/2011	4	Cross Train	3/4 m run / 1 walk	Rest or run/walk	3/4 m run / 1 walk	Rest	3/4 m run / 1 walk 45 min walk
4/9/2011	5	Cross Train	1 m run / 1 walk	Rest or run/walk	1 m run / 1 walk	Rest	1 m run / 1 walk 45 min walk
4/16/2011	6	Cross Train	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run 45 min walk
4/23/2011	7	Cross Train	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run 50 min walk
4/30/2011	8	Cross Train	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run 50 min walk
5/7/2011	9	Cross Train	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run 60 min walk
5/14/2011	10	Cross Train	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run 60 min walk
5/21/2011	11	Cross Train	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run 60 min walk
5/28/2011	12	Cross Train	3 m run	Rest or run/walk	2 m run	Rest	3 m run 60 min walk
6/4/2011	13	Cross Train	3 m run	Rest or run/walk	2 m run	Rest	Susan Komen 5K Race