

Race Against Racism Couch to 5K Training Plan

You can connect with others working through the training plan and resources in our [Facebook group!](#)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 February 19	Start strong!	60 sec run 90 sec walk 20 min total	Watch (5 mins)	60 sec run 90 sec walk 20 min total	Watch (90 mins)	90 sec run 2 min walk 20 min total	Think
Week 2 February 26		90 sec run 2 min walk 20 min total	Watch (40 mins)	2.5 min run 2.5 min walk 20 min total	Listen (23 mins)	2.5 min run 2.5 min walk 20 min total	Explore
Week 3 March 5	You're doing amazing!	2.5 min run 2.5 min walk 20 min total	Watch (19 mins)	3 min run 2 min walk 25 min total	Watch (17 mins)	3 min run 2 min walk 25 min total	Discuss
Week 4 March 12		5 min run 3 min walk Repeat x 3	Watch (7 mins*)	5 min run 3 min walk Repeat x 3	Watch (4 mins) Meditate (5 mins)	5 min run 3 min walk Repeat x 3	Journal
Week 5 March 19		8 min run 5 min walk 8 min run	Listen (43 mins)	8 min run 5 min walk 8 min run	Listen (23 mins)	8 min run 5 min walk 8 min run	Read (10 mins)
Week 6 March 26	Over halfway there!	10 min run 3 min walk 10 min run	Read (5 mins)	10 min run 3 min walk 10 min run	Listen (43 mins)	10 min run 3 min walk 10 min run	Schedule
Week 7 April 2		15 min run 5 min walk	Listen (41 mins)	15 min run 5 min walk	Read (10 mins)	15 min run 5 min walk	Reflect
Week 8 April 9		20 min run	Listen (23 mins)	20 min run	Explore (10 mins)	20 min run	Question
Week 9 April 16	25 min run	Watch (13 mins)	25 min run	Read (10 mins)	25 min run	Read (10 mins)	Browse
Week 10 April 23	One more week!	30 min run	Read (5-10 mins)	30 min run	Watch (4 mins) Listen (playlist)		Race Day! 

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Scan the QR code to visit our website for a full list of resources and to learn more!

Educational resources included are recommended by YWCA Northeast Indiana.

*Content Warning: contains content that may be triggering or intense. Discretion is advised.



Training plan endorsed by 3RRC.
Created by Lynn Marbach, General Manager of 3RRC.

