## Race Against Racism Couch to 5K Training Plan

You can connect with others working through the training plan and resources in our <u>Facebook group!</u>

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 February 19	Start strong!	60 sec run 90 sec walk <b>20 min total</b>	<u>Watch</u> (5 mins)	60 sec run 90 sec walk <b>20 min total</b>	Watch (90 mins)	90 sec run 2 min walk <b>20 min total</b>	<u>Think</u>
Week 2 February 26		90 sec run 2 min walk <b>20 min total</b>	Watch (40 mins)	2.5 min run 2.5 min walk <b>20 min total</b>	<u>Listen</u> (23 mins)	2.5 min run 2.5 min walk <b>20 min total</b>	<u>Explore</u>
Week 3 March 5	You're doing amazing!	2.5 min run 2.5 min walk <b>20 min total</b>	Watch (19 mins)	3 min run 2 min walk <b>25 min total</b>	Watch (17 mins)	3 min run 2 min walk <b>25 min total</b>	<u>Discuss</u>
Week 4 March 12		5 min run 3 min walk <b>Repeat x 3</b>	Watch (7 mins*)	5 min run 3 min walk <b>Repeat x 3</b>	Watch (4 mins) Meditate (5 mins)	5 min run 3 min walk <b>Repeat x 3</b>	<u>Journal</u>
Week 5 March 19		8 min run 5 min walk 8 min run	<u>Listen</u> (43 mins)	8 min run 5 min walk 8 min run	<u>Listen</u> (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	<u>Listen</u> (43 mins)	10 min run 3 min walk 10 min run	<u>Schedule</u>
Week 7 April 2		15 min run 5 min walk	<u>Listen</u> (41 mins)	15 min run 5 min walk	Read (10 mins)	15 min run 5 min walk	<u>Reflect</u>
Week 8 April 9		20 min run	<u>Listen</u> (23 mins)	20 min run	Explore (10 mins)	20 min run	<u>Question</u>
Week 9 April 16	25 min run	<u>Watch</u> (13 mins)	25 min run	Read (10 mins)	25 min run	Read (10 mins)	<u>Browse</u>
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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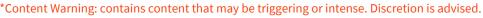






Scan the QR code to visit our website for a full list of resources and to learn more!

Educational resources included are recommended by YWCA Northeast Indiana.





eliminating racism



