


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

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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.

