



COUCH TO 5K



HBHM

Jan 2021
(month 1 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 st -4 min walk -1 min run -4 min walk	2 nd -15 min walk	3 rd -10 min walk -2 min non-stop running -5 min walk
4 th -10 min walk or cross train (see notes)	5 th -10 min walk -15 sec fast / 1 min rest (repeat 4 times) -5 min walk	6 th -15 min walk	7 th -10 min walk -20 sec fast run / 20 sec walk (repeat 5 times) -5 min walk	8 th -10 min walk or cross train (see notes)	9 th -15 min walk	10 th -10 min walk -4 min non-stop running -5 min walk
11 th -15 min walk or cross train (see notes)	12 th -10 min walk -15 sec fast / 1 min rest (repeat 6 times) -5 min walk	13 th -15 min walk	14 th -10 min walk -30 sec fast run / 30 sec walk (repeat 5 times) -5 min walk	15 th -15 min walk or cross train (see notes)	16 th -15 min walk	17 th -10 min walk -6 min non-stop running -5 min walk
18 th -20 min walk or cross train (see notes)	19 th -10 min walk -15 sec fast / 1 min rest (repeat 8 times) -5 minute walk	20 th -15 min walk	21 st -15 min walk -45 sec fast run / 45 sec walk (repeat 5 times) -5 min walk	22 nd -20 min walk or cross train (see notes)	23 rd -15 min walk	24 th -10 min walk -8 min non-stop running -5 min walk
25 th -25 min walk or cross train (see notes)	26 th -10 min walk -15 sec fast / 1 min rest (repeat 10 times) -5 min walk	27 th -15 min walk	28 th -10 min walk -60/45/30 sec fast run with same recovery as duration (repeat 3 times) -5 min walk	29 th -25 min walk or cross train (see notes)	30 th -15 min walk	31 st -15 min non-stop running! How far can you go?!

Cross Training

Glute bridge - hold to fatigue
 Front plank - hold to fatigue
 10x squats
 10x press ups
 20x step ups
 (repeat circuit 3-4 times).



COUCH TO 5K



HBHM

Feb 2021
(month 2 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 st -30 min walk or cross train (see notes)	2 nd -10 min walk / jog -20 sec hills / walk back recovery (repeat 6 times) -5 min walk / jog	3 rd -20 min walk	4 th -10 min walk / jog -Run 600m - Walk / slow jog 400m (repeat 3 times) -5 min walk / jog	5 th -30 min walk or cross train (see notes)	6 th -20 min walk	7 th -30 min walk / jog
8 th -30 min walk or cross train (see notes)	9 th -10 min walk / jog -30 sec fast / 1 min rest (repeat 6 times) -5 min walk / jog	10 th -20 min walk	11 th -10 min walk / jog -Run 800m -Walk / slow jog 400m (repeat 3 times) -5 min walk / jog	12 th -30 min walk or cross train (see notes)	13 th -20 min walk	14 th -35 min walk / jog
15 th -30 min walk or cross train (see notes)	16 th -10 min walk / jog -20 sec hills / walk back recovery (repeat 8 times) -5 min walk / jog	17 th -20 min walk	18 th -10 min walk / jog -Run 1km -Walk / slow jog 400m (repeat 3 times) -5 min walk / jog	19 th -30 min walk or cross train (see notes)	20 th -20 min walk	21 st How far can you run in 30 mins?!
22 nd -30 min walk or cross train (see notes)	23 rd -10 min walk / jog -30 sec fast / 1 min rest (repeat 6 times) -5 min walk / jog	24 th -20 min walk	25 th -10 min walk / jog -Run 1200m -Walk / slow jog 400m (repeat 3 times) -5 min walk / jog	26 th -30 min walk or cross train (see notes)	27 th -20 min walk	28 th -45 min walk / jog

Cross Training	Glute Bridge - hold to fatigue 20x Russian twists (10 right & left) 20x ab crunches Front Plank - hold to fatigue 10x squats 10x press ups 20x step ups (repeat circuit 3-4 times)
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COUCH TO 5K



HBHM

Mar 2021
(month 3 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
1 st -30 min walk or cross train (see notes)	2 nd -10 min walk / jog -20 sec hills / walk back recovery (repeat 10 times) -5 min walk / jog	3 rd -20 – 30 min walk	4 th -10 min walk / jog -Run 1 mile -Walk / slow jog 400m (repeat 2 times) -5 min walk / jog	5 th -30 min walk / jog or cross train (see notes)	6 th -20 - 30 min walk	7 th -Walk / jog 4km or 45 min		
8 th -30 – 40 min walk or cross train (see notes)	9 th -10 min walk / jog -60 sec fast run / 60 sec walk (repeat 5 times) -5 min walk	10 th -20 – 30 min walk	11 th -10 min walk / jog -Run 5 min -Walk / slow jog 3 min (repeat 4 times) -5 min walk / jog	12 th -30 min walk / jog or cross train (see notes)	13 th -20 - 30 min walk	14 th -Walk 1 mile -Jog slow 1 mile -Run faster 1 mile -Walk 1 mile		
15 th -30 – 40 min walk or cross train (see notes)	16 th -10 min walk / jog -45 sec hills / walk back recovery (repeat 6 times) -5 min walk / jog	17 th -20 – 30 min walk	18 th -10 min walk / jog -Run 3 min -Walk / slow jog 2 min (repeat 6 times) -5 min walk / jog	19 th -30 min walk / jog or cross train (see notes)	20 th -20 - 30 min walk	21 st -Walk / jog 5km or 45 min		
22 nd -30 – 40 min walk or cross train (see notes)	23 rd -15 min walk / jog -90 sec fast run / 60 sec walk (repeat 6 times) -5 min walk / jog	24 th -20 – 30 min walk	25 th -10 min walk / jog -Run 5 min -Walk / slow jog 2 min (repeat 4 times) -5 min walk / jog	26 th -30 min walk / jog or cross train (see notes)	27 th -20 - 30 min walk	28 th -10 min walk -60/45/30 sec fast run with same recovery as duration (repeat 4 times) -5 min walk		
29 th -30 – 40 min walk or cross train (see notes)	30 th -20 – 30 min walk	31 st RUN FOR 5K!	<table border="1"> <tr> <td>Cross Training</td> <td> Glute Bridge - hold to fatigue 20x Russian twists (10 right & left) 20x ab crunches Front Plank - hold to fatigue 10x squats 10x press ups 20x step ups (repeat circuit 3-4 times) </td> </tr> </table>				Cross Training	Glute Bridge - hold to fatigue 20x Russian twists (10 right & left) 20x ab crunches Front Plank - hold to fatigue 10x squats 10x press ups 20x step ups (repeat circuit 3-4 times)
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