



WINGMAN IN TRAINING: 8 WEEK COUCH TO 5K PROGRAM

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	REST OR RUN/WALK	1.5 MILE RUN	REST OR RUN/WALK	1.5 MILE RUN	REST	1.5 MILE RUN	30 MIN WALK
2	REST OR RUN/WALK	1.75 MILE RUN	REST OR RUN/WALK	1.5 MILE RUN	REST	1.75 MILE RUN	35 MIN WALK
3	REST OR RUN/WALK	2 MILE RUN	REST OR RUN/WALK	1.5 MILE RUN	REST	2 MILE RUN	40 MIN WALK
4	REST OR RUN/WALK	2.25 MILE RUN	REST OR RUN/WALK	1.5 MILE RUN	REST	2.25 MILE RUN	45 MIN WALK
5	REST OR RUN/WALK	2.5 MILE RUN	REST OR RUN/WALK	2 MILE RUN	REST	2.5 MILE RUN	50 MIN WALK
6	REST OR RUN/WALK	2.75 MILE RUN	REST OR RUN/WALK	2 MILE RUN	REST	2.75 MILE RUN	55 MIN WALK
7	REST OR RUN/WALK	3 MILE RUN	REST OR RUN/WALK	2 MILE RUN	REST	3 MILE RUN	60 MIN WALK
8	REST OR RUN/WALK	3 MILE RUN	REST OR RUN/WALK	2 MILE RUN	REST	REST	5K RACE

MY GOALS!

TO RUN AS AN ASA WINGMAN BY: _____
 TO RUN MY FIRST RACE WITH ASA ON: _____

Training plan used from: <https://www.halhigdon.com/training-programs/5k-training/novice-5k/>