

TRAINING SCHEDULE



Belleville Running Club Couch To 5k Training Program

Week Begins	Week	Sun	Mon ²	Tue	Wed ³	Thu	Fri	Sat ⁴
February 26, 2017 (Sun)	1	off	BRC TRAINING SESSION 1 (2/27/17) Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	off	off	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
March 05, 2017 (Sun)	2	off	BRC TRAINING SESSION 2 (3/06/17) Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	off	Walk/XT 20 min or off	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
March 12, 2017 (Sun)	3	off	BRC TRAINING SESSION 3 (3/13/17) Brisk five-minute warmup walk, then do two repetitions of the following: Jog - 90 seconds Walk - 90 seconds Jog - 3 minutes Walk - 3 minutes	off	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)	off	Walk/XT 20 min or off	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)
March 19, 2017 (Sun)	4	off	BRC TRAINING SESSION 4 (3/20/17) Brisk five-minute warmup walk, then: Jog - 3 minutes Walk - 90 seconds Jog - 5 minutes Walk - 2-1/2 minutes Jog - 3 minutes Walk - 90 seconds Jog - 5 minutes	off	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	off	Walk/XT 20 min or off	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)
March 26, 2017 (Sun)	5	off	BRC TRAINING SESSION 5 (3/27/17) Brisk five-minute warmup walk, then: Jog - 5 minutes Walk - 3 minutes Jog - 5 minutes Walk - 3 minutes Jog - 5 minutes	off	Brisk five-minute warmup walk, then: Jog 3/4 mile (or 8 minutes) Walk 1/2 mile (or 5 minutes) Jog 3/4 mile (or 8 minutes)	off	Walk/XT 20 min or off	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
April 02, 2017 (Sun)	6	off	BRC TRAINING SESSION 6 (4/03/17) Brisk five-minute warmup walk, then: Jog - 5 minutes Walk - 3 minutes Jog - 8 minutes Walk - 3 minutes Jog - 5 minutes	off	Brisk five-minute warmup walk, then: Jog 1 mile (or 10 minutes) Walk 1/4 mile (or 3 minutes) Jog 1 mile (or 10 minutes)	off	Walk/XT 20 min or off	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.
April 09, 2017 (Sun)	7	off	BRC TRAINING SESSION 7 (4/10/17) Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	off	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	off	off	BRC TRAINING SESSION 8 (4/15/17) Brisk five-minute warmup walk, then jog 2.5 miles.
April 16, 2017 (Sun)	8	off	BRC TRAINING SESSION 9 (4/17/17) Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	off	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	off	off	BRC TRAINING SESSION 10 (4/22/17) Brisk five-minute warmup walk, then jog 2.75 miles.
April 23, 2017 (Sun)	9	off	BRC TRAINING SESSION 11 (4/24/17) Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	off	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	off	off	Law Day Run (4/29/17)

1. Sessions in red are scheduled as group training sessions. You are to complete all other sessions on your own.

2. Group runs will occur on Monday nights at the Belleville East High School track at 6:30pm.

3. Wed night training is on your own. However, the SWIC (Southwestern Illinois College) trail is a good option (well lit, etc).

4. On the last two Saturdays prior to the 5k (4/16 & 4/23), we will meet to run the Law Day Run course at 9:00am.

5. Feel free to join us on Thursday nights at 6:00pm for a 3 mile run or Saturday mornings at 8:00am for a 5 mile run. Thurs and Sat runs begin in the parking lot behind the St Louis Bread Company in downtown Belleville.

6. XT: Cross Train

7. The Belleville Running Club is not, nor do we claim to be, fitness experts. Please consult your doctor before embarking on this training adventure.

8. This training schedule is based on Cool Running's Couch to 5K Training Plan.

9. This training schedule is merely a guide. Please adjust as necessary to fit your schedule.

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