

B-Ironstrong

This is a 10 week plan that can take you from the couch to a 5K (3.1 miles). It is best done as a run walk system. If you are feeling any discomfort, take a break. Please have fun with it and let us know how you do.

Week 1				Week 6			
Monday	Wednesday	Friday	Sunday	Tuesday	Thursday	Saturday	
10 min	12 min	10 min	15 min	15 min	20 min	2 mile	
Week 2				Week 7			
Tuesday	Thursday	Saturday		Monday	Wednesday	Friday	Sunday
12 min	12 min	1 mile		20 min	15 min	20 min	30 min
Week 3				Week 8			
Monday	Wednesday	Friday	Sunday	Tuesday	Thursday	Saturday	
10 min	12 min	15 min	20 min	20 min	20 min	2.5 mile	
Week 4				Week 9			
Tuesday	Thursday	Saturday		Monday	Wednesday	Friday	Sunday
12 min	15 min	1.5 mile		25 min	15 min	25 min	35 min
Week 5				Week 10			
Monday	Wednesday	Friday	Sunday	Tuesday	Thursday	Saturday	
30 min	20 min	15 min	25 min	30 min	25 min	3.1 mile	