



YMCA Couch to Virtual 5K Training Plan

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest or walk	1.5 mile run (walk as needed)	Rest or walk	1.5 mile run (walk as needed)	Rest	1.5 mile run	30-60 min walk
Week 2	Rest or walk	1.75 mile run (walk as needed)	Rest or walk	1.5 mile run (walk as needed)	Rest	1.75 mile run	35-60 min walk
Week 3	Rest or walk	2 mile run (walk as needed)	Rest or walk	1.5 mile run	Rest	2 mile run	40-60 walk
Week 4	Rest or walk	2.25 run (walk as needed)	Rest or walk	1.5 mile run	Rest	2.25 mile run	45-60 min walk
Week 5	Rest or walk	2.5 run (walk as needed)	Rest or walk	2 mile run	Rest	2.5 mile run	50- 60 min walk
Week 6	Rest or walk	2.75 run (walk as needed)	Rest or walk	2 mile run	Rest	2.75 mile run	55 min walk
Week 7	Rest or walk	3 mile run (walk as needed)	Rest or walk	2 mile run	Rest	3 mile run	60 min walk
Week 8	Rest or walk	3 mile run	Rest or walk	2 mile run	Rest	Rest	Virtual 5k