

OH YES YOU CAN!

BOLDERBOULDER



Couch-to-10K Training Plan | Beginner

You got this! The best way to improve your fitness is to be consistent. Keep it simple, YOU can pick the days. Exercise 3 days a week. Rest in between. Mark them off as you go so you can track your progress!

● WALK OR JOG Walk as much as you need to. Jog as much as you can. Once you start feeling more fit, increase the time that you jog at a conversational pace, meaning that you can converse without struggling to speak. Other options are hiking, swimming, skiing, cycling, rowing, elliptical, or anything else that you enjoy that gets your heart rate up a bit.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEN WEEKS OUT	● 20 min.		● 20 min.			● 30 min.	
NINE WEEKS OUT	● 20 min.		● 20 min.			● 35 min.	
EIGHT WEEKS OUT	● 25 min.		● 25 min.			● 40 min.	
SEVEN WEEKS OUT	● 25 min.		● 25 min.			● 45 min.	
SIX WEEKS OUT	● 30 min.		● 30 min.			● 50 min.	
FIVE WEEKS OUT	● 30 min.		● 30 min.			● 55 min.	
FOUR WEEKS OUT	● 35 min.		● 35 min.			● 60 min.	
THREE WEEKS OUT	● 35 min.		● 35 min.			● 65 min.	
TWO WEEKS OUT	● 40 min.		● 40 min.			● 70 min.	
ONE WEEK OUT	● 40 min.		● 40 min.			● 30 min.	
RACE WEEK!	BB10K						