

COUCH TO 5K: DOGGY EDITION



DAY 1: 4 MINUTES WALKING, 1 MINUTE JOGGING. REPEAT 3 TIMES.	DAY 2: REST	DAY 3: 3 MINUTES WALKING, 1 MINUTE JOGGING. REPEAT 4 TIMES.	DAY 4: REST	DAY 5: 3 MINUTES WALKING, 2 MINUTES JOGGING. REPEAT 3 TIMES.
DAY 6: REST	DAY 7: 4 MINUTES WALKING, 3 MINUTES JOGGING. REPEAT 2 TIMES.	DAY 8: REST	DAY 9: 0.5 MILE	DAY 10: REST
DAY 11: 0.6 MILE	DAY 12: REST	DAY 13: 0.75 MILE	DAY 14: REST	DAY 15: 0.9 MILE
DAY 16: REST	DAY 17: 1 MILES	DAY 18: REST	DAY 19: 1.1 MILES	DAY 20: REST
DAY 21: 1.25 MILES	DAY 22: REST	DAY 23: 1.3 MILES	DAY 24: REST	DAY 25: 1.4 MILES
DAY 26: REST	DAY 27: 1.5 MILES	DAY 28: REST	DAY 29: 1.6 MILES	DAY 30: REST

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DAY 31: 1.75 MILES	DAY 32: REST	DAY 33: 1.8 MILES	DAY 34: REST	DAY 35: 1.9 MILES
DAY 36: REST	DAY 37: 2 MILES	DAY 38: REST	DAY 39: 2.1 MILES	DAY 40: REST
DAY 41: 2.25 MILES	DAY 42: REST	DAY 43: 2.3 MILES	DAY 44: REST	DAY 45: 2.4 MILES
DAY 46: REST	DAY 47: 2.5 MILES	DAY 48: REST	DAY 49: 2.6 MILES	DAY 50: REST
DAY 51: 2.75 MILES	DAY 52: REST	DAY 53: 2.8 MILES	DAY 54: REST	DAY 55: 2.9 MILES
DAY 56: REST	DAY 57: 3 MILES	DAY 58: REST	DAY 59: 3.1 MILES	DAY 60: REST