



COUCH TO 5K



FISHER | TITUS

Walk, Jog, or Run 2020 Workout Schedule

Fisher-Titus will be utilizing ZenLabs Fitness 5K. The mobile version is available online through iTunes or the Google Play Store. This free mobile version allows you to easily track your running progress online, access a host of easy-to-use training tools, connect with other, and more!

WEEK	WORKOUT 1	WORKOUT 2	WORKOUT 3
#1 Sep. 15	Brisk 5 minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk 5 minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk 5 minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
#2 Sep. 22	Brisk 5 minute warm up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.	Brisk 5 minute warm up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.	Brisk 5 minute warm up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.
#3 Sep. 29	Brisk 5 minute warm up walk, then do 2 reps of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes	Brisk 5 minute warm up walk, then do 2 reps of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes	Brisk 5 minute warm up walk, then do 2 reps of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes
#4 Oct. 6	Brisk 5 minute warm up walk, then: Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2.5 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes	Brisk 5 minute warm up walk, then: Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2.5 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes	Brisk 5 minute warm up walk, then: Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2.5 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes
#5 Oct. 13	Brisk 5 minute warm up walk, then: Jog 5 minutes Walk 3 minutes Jog 5 minutes Walk 3 minutes Jog 5 minutes	Brisk 5 minute warm up walk, then: Jog 3/4 mile or 8 minutes Walk 1/2 mile or 5 minutes Jog 3/4 mile or 8 minutes	Brisk 5 minutes warm up walk, then jog 2 miles or 20 minutes (with no walking)
#6 Oct. 20	Brisk 5 minute warm up walk, then: Jog 5 minutes Walk 3 minutes Jog 8 minutes Walk 3 minutes Jog 5 minutes	Brisk 5 minute warm up walk, then: Jog 1 mile or 10 minutes Walk 1/4 mile or 3 minutes Jog 1 mile or 10 minutes	Brisk 5 minute warm up walk, then jog 2 1/4 miles or 22 minutes (with no walking)
#7 Oct. 27	Brisk 5 minute warm up walk, then jog 2.5 miles or 25 minutes.	Brisk 5 minute warm up walk, then jog 2.5 miles or 25 minutes.	Brisk 5 minute warm up walk, then jog 2.5 miles or 25 minutes.
#8 Nov. 3	Brisk 5 minute warm up walk, then jog 2.75 miles or 28 minutes.	Brisk 5 minute warm up walk, then jog 2.75 miles or 28 minutes.	Brisk 5 minute warm up walk, then jog 30 minutes.
#9 Nov. 10	Brisk 5 minute warm up walk, then jog 3 miles or 30 minutes.	Brisk 5 minute warm up walk, then jog 3 miles or 30 minutes.	Brisk 5 minute warm up walk, then jog 3 miles or 30 minutes. THE FINAL WORKOUT! CONGRATS!

You're now ready to sign up for the #TeamHolly5K presented by Fisher-Titus November 8-14. Let's see all your hard work and dedication pay off! There is a registration fee for the Strawberry Scamper 5K.