

# OLE BROOK 20 RUN SERIES 20

 Defining Moment Events LLC

## 10 Week Couch to 5K Training Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	Run 1 min Walk 2 mins Repeat 5x	Rest	Run 1 min Walk 1 min Repeat 8x	Rest	Rest	Run 2 min Walk 1 min Repeat 5x	Rest
<b>Week 2</b>	Run 2 mins Walk 3 mins Repeat 4x	Rest	Run 1 min Walk 1 min Repeat 10x	Rest	Rest	Run 3 mins Walk 4 mins Repeat 3x	Rest
<b>Week 3</b>	Run 2 mins Walk 2 mins Repeat 5x	Rest	Run 3 mins Walk 3 mins Repeat 3x	Rest	Rest	Run 3 mins Walk 2 mins Repeat 3x	Rest
<b>Week 4</b>	Run 4 mins Walk 3 mins Repeat 3x	Rest	Run 1 min Walk 1 min Repeat 12x	Rest	Rest	Run 5 mins Walk 3 mins Repeat 3x	Rest
<b>Week 5</b>	Run 7 mins Walk 3 mins Repeat 3x	Rest	Run 3 mins Walk 2 mins Repeat 3x	Rest	Rest	Run 8 mins Walk 3 mins Repeat 3x	Rest
<b>Week 6</b>	Run 8 mins Walk 2 mins Repeat 3 x	Rest	Run 10 mins Walk 4 mins Repeat 2x	Rest	Rest	Run 1 min Walk 1 min Repeat 12x	Rest
<b>Week 7</b>	Run 12 mins Walk 3 mins Repeat 2x	Rest	Run 3 mins Walk 1 min Repeat 8x	Rest	Rest	Run 15 mins Walk 5 mins Repeat 2x	Rest
<b>Week 8</b>	Run 15 mins Walk 5 mins Repeat 2x	Rest	Run 2 miles	Rest	Rest	Run 1 min Walk 1 min Repeat 12x	Rest
<b>Week 9</b>	Run 7 mins Walk 2 mins Repeat 4x	Rest	Run 3 mins Walk 1 min Repeat 8x	Rest	Rest	Run 16 mins Walk 3 mins Repeat 2x	Rest
<b>Week 10</b>	Run 15 mins Walk 2 mins Repeat 2x	Rest	Run 10 mins Walk 2 mins Repeat 3x	Rest	Rest	<b>RACE DAY!!</b>	Rest

Running is a potentially hazardous activity that could result in injury or death. You should be in good physical condition and be able to participate in the above training program prior to beginning. Whistle Stop Challenge is owned by Defining Moment Event LLC. Defining Moment Events LLC strongly recommends that you consult with your physician before beginning any exercise program. Defining Moment Events LLC is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Defining Moment Events LLC from any and all claims or injury as a result of any activity related to this training program.