

# May

## 2026

### Couch to 5K Plan (13 Weeks)

**Goal:** Run a full 5 K (~3.1 miles) comfortably

**Weekly Structure:**

- 4-5 run days
- 1-2 cross training days (walk, bike, strength, stretch)
- 1 full rest or light movement day
- **Focus on building the habit, not the pace. Consistency now creates strength later.**

### Injury Prevention Reminders

- Start slow & build gradually
- Warm up before every run 5-10 min walk
- Stretch after workouts
- Wear proper running shoes
- Stay hydrated
- Listen to you body-rest if pain occurs
- Mix in strength training (legs + core)
- Take rest days seriously

### Light Leg Strength Exercises--Pick 3

- Squats (2-3 sets of 8-12 reps)
- Lunges (2 sets of 6-10 each leg)
- Glue Bridges (2-3 sets of 10-15 reps)
- Step-Ups (2 sets of 8-10 each leg)
- Calf Raises (2-3 sets of 10-15 reps)
- Wall Sits (2 sets holding 15-30 seconds)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10 <b>The hardest step is the first one out the door.</b>
11 • 5 min warm-up walk • Run 1 minute/Walk 2 min x 8 times • 5 min cool down	12 Run Easy 15-20 min The hardest step is the first one out the door.	13 Cross train Brisk Walk/bike 30-40 min/Stretching/core exercises	14 • 5 min warm-up walk • Run 1 min/Walk 2 min x 6- 8 times • 5 min cool down	15 Run Easy 20 min	16 <b>Cross Train or Run</b> 20-25 min + core exercises	17 Rest Day Stretch <b>Consistency beats perfection.</b>
18 • 5 min warm-up walk • Run 1 min/Walk 2 min x 8-10 times • 5 min cool down	19 Run easy 20 min	20 Cross train Brisk Walk/bike 30-40 min/Stretching/core exercises	21 • 5 min warm-up walk • Run 1 min/Walk 2 min x 8 times • 5 min cool down	22 Run Easy 20-25 min	23 <b>Cross Train or Run</b> 20-25 min + core exercises	24 Rest Day Stretch <b>Every step forward is progress</b>
25 • 5 min warm-up walk/run • Run 2 min/Walk 2 min x 6- 8 times • 5 min cool down	26 Run easy 20 min	27 Cross train Brisk Walk/bike 30-40 min/light leg strength /core exercises/Stretching	28 • 5 min warm-up walk/run • Run 3 min/Walk 2 min x 5 times • 5 min cool down	29 Run Easy 20-25 min	30 <b>Cross Train or Run</b> 20-25 min + light leg strength/core exercises/Stretching	31 Rest Day Stretch <b>Small steps every day lead to big results</b>

# June

## 2026

### Month 2 Reminder

You're stronger than when you started. Trust your training and keep moving forward.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 2 min/Walk 2 min x 8 times</li> <li>• 5 min cool down</li> </ul>	<p>2</p> <p>Run easy 20-25 min</p>	<p>3</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 40 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 3 min/Walk 2 min x 5 times</li> <li>• 5 min cool down</li> </ul>	<p>5</p> <p>Run Easy 25 min</p>	<p>6</p> <p><b>Cross Train or Run</b></p> <p>35 min + light leg strength/core exercises/Stretching</p>	<p>7</p> <p>Rest Day Stretch</p> <p><b>Movement is medicine</b></p>
<p>8</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 5 min/Walk 1 min x 4 times</li> <li>• 5 min cool down</li> </ul>	<p>9</p> <p>Run easy 25 min</p>	<p>10</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 40 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 8 min/Walk 1 min x 2-3 times</li> <li>• 5 min cool down</li> </ul>	<p>12</p> <p><b>Cross train or Run</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 40 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>13</p> <p>Run approximately 2 miles</p>	<p>14</p> <p>Rest Day Stretch</p> <p><b>You don't have to go fast, you just have to keep going</b></p>
<p>15</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 8 min/Walk 1 min x 4-5 times</li> <li>• 5 min cool down</li> </ul>	<p>16</p> <p>Run easy 25-30 min</p> <p><b>Strong doesn't happen overnight</b></p>	<p>17</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 40 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 10 min/Walk 1 min x 2 times</li> <li>• 5 min cool down</li> </ul>	<p>19</p> <p>Rest Day Stretch</p>	<p>20</p> <p>Run approximately 2 miles</p>	<p>21</p> <p><b>Cross train or Run</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 40 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>
<p>22</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 10 min/Walk 1 min x 3 times</li> <li>• 5 min cool down</li> </ul>	<p>23</p> <p>Run easy 25-30 min</p> <p><b>Progress, not perfection</b></p>	<p>24</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 45 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>25</p> <p>Run 25-30 min</p>	<p>26</p> <p>Rest Day Stretch</p>	<p>27</p> <p>Run 2.5 miles</p>	<p>28</p> <p><b>Cross train or Run</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 45 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>
<p>29</p> <ul style="list-style-type: none"> <li>• 5 min warm-up walk/run</li> <li>• Run 10 min/Walk 1 min x 3-4 times</li> <li>• 5 min cool down</li> </ul>	<p>30</p> <p>Run easy 30 min</p> <p><b>Your future self will thank you</b></p>					

# July

## 2026

### Month 3 Reminder

Race day is getting closer—believe in the work you’ve already put in.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>1</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 45 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>2</p> <p>Run 25–30 min</p>	<p>3</p> <p>Rest Day Stretch</p>	<p>4</p> <p>Run 2.5 miles</p>	<p>5</p> <p><b>Cross train or Run</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 45 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>
<p>6</p> <p>Run 25–30 min</p>	<p>7</p> <p>Run easy 30–35 min</p> <p><b>One workout at a time. One mile at a time</b></p>	<p>8</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 50 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>9</p> <p>Run 25–30 min with 30 second bursts x 4</p>	<p>10</p> <p>Rest Day Stretch</p>	<p>11</p> <p>Run 3 miles</p>	<p>12</p> <p><b>Cross train or Run</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 50 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>
<p>13</p> <p>Run 25–30 min</p>	<p>14</p> <p>Run easy 30–35 min</p> <p><b>Train your mind and your body will follow</b></p>	<p>15</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 50 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>16</p> <p>Run 25–30 min with 45 second bursts x 4</p>	<p>17</p> <p>Rest Day Stretch</p>	<p>18</p> <p>Run 3 miles</p>	<p>19</p> <p><b>Cross train or Run</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 50 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>
<p>20</p> <p>Run 25–30 min</p>	<p>21</p> <p>Run easy 40 min</p> <p><b>Believe you can, then keep moving forward</b></p>	<p>22</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 50 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>23</p> <p>Run 30 min with 60 second bursts x 5</p>	<p>24</p> <p>Rest Day Stretch</p>	<p>25</p> <p>Run 3–3.5 miles</p>	<p>26</p> <p><b>Cross train or Run</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 60 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>
<p>27</p> <p>Run 30 min</p>	<p>28</p> <p>Run 25–30 min with 60 seconds bursts x 5</p> <p><b>Look how far you’ve come.</b></p>	<p>29</p> <p><b>Cross train</b></p> <ul style="list-style-type: none"> <li>• Brisk Walk/bike 50 min</li> <li>• light leg strength</li> <li>• core exercises</li> <li>• Stretching</li> </ul>	<p>30</p> <p>Run easy 30 min</p>	<p>31</p> <p>Rest Day Stretch</p>		

# August

## 2026

### Race Week Reminder

Take a moment to appreciate how far you've come. You're ready!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Run 3 miles	2 <b>Cross train</b> • Brisk Walk/bike 40 min • light leg strength • core exercises • Stretching
3 Run 20 min	4 Run 15 min with 15 seconds bursts x 3 <b>This week, you finish what you started.</b>	5 <b>Cross train</b> • Brisk Walk/bike 30 min • light leg strength • core exercises • Stretching	6 Run easy 15 min	7 Rest Day Stretch	8 <b>STEPPIN' IT UP Event Day</b> 	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						