

COUCH TO 5K

Week 1

Day 1: Run 1 min, walk 1.5 min (8 rounds, ~20 min).
Day 2: Repeat Day 1.
Day 3: Repeat Day 1.

✓ Check-in: Congrats on lacing up and starting! First steps are the hardest—make sure your branch log shows you did it.

Week 2

Day 1: Run 1.5 min, walk 2 min (6 rounds, ~20 min).
Day 2: Repeat.
Day 3: Repeat.

✓ Check-in: Feeling the groove? You're building consistency already—give yourself credit in the branch log!

Week 3

Day 1: Run 2 min, walk 2 min (5 rounds).
Day 2: Run 3 min, walk 2 min (4 rounds).
Day 3: Run 2 min, walk 2 min (5 rounds).

✓ Check-in: Noticing your breathing feels more steady? That's progress—record it in your branch log!

Week 4

Day 1: Run 3 min, walk 1.5 min (4 rounds).
Day 2: Run 5 min, walk 2.5 min (2 rounds).
Day 3: Run 3 min, walk 1.5 min (4 rounds).

✓ Check-in: Longer runs, shorter walks—you're leveling up! Celebrate it in your branch log.

General Tips:

Warm up with a 5-min brisk walk.
Cool down with a 5-min walk + light stretching.
Run at a conversational pace (if you can't talk, slow down).

Week 5

Day 1: Run 5 min, walk 3 min (3 rounds).
Day 2: Run 8 min, walk 5 min (2 rounds).
Day 3: Run 20 min continuously.

✓ Check-in: Your first continuous run—what an achievement! Give yourself a big shout-out in the branch log.

Week 6

Day 1: Run 10 min, walk 3 min, run 10 min.
Day 2: Run 15 min, walk 3 min, run 5 min.
Day 3: Run 25 min continuously.

✓ Check-in: You're running strong through longer stretches—mark down that endurance win in the branch log!

Week 7

Day 1: Run 25 min.
Day 2: Run 28 min.
Day 3: Run 30 min.

✓ Check-in: Three miles is within reach—you're practically there! Capture that momentum in your branch log.

Week 8

Day 1: Run 30 min.
Day 2: Run 28 min.
Day 3: Run 35 min (or complete 5K distance).

✓ Check-in: 5K complete (or so close you can taste it)! You've built the strength and endurance to go the distance—if you haven't already, now's the perfect time to register for the Y Matters 5K.

Register for the event!

The Y It Matters 5K & Fun Run captures the heart of our mission: To strengthen community in three areas: Youth Development, Healthy Living and Social Responsibility. YMCABHAM.ORG/RUN/

Y IT MATTERS
5K & YOUTH
FUN RUN
SATURDAY, DECEMBER 13

