

PAT'S RUN 20TH

COUCH TO 4.2 MILE TRAINING PROGRAM

AUTHOR

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KEY POINTS

**3 RUN/WALK
DAYS A WEEK**

The program is based off 3 Run/Walk days a week.

**5 MIN. BRISK
WALK**

A 5 min brisk walk to warm up is done before every Run/Walk day.

**2-10 MIN.
WORKOUT**

A cooldown should occur after each workout lasting 2-10 minutes and can include light walking, stretching or both.

8-WEEK TRAINING SCHEDULE

WEEK 1

Complete on Running days 1, 2, 3

- 5 min warm up and cool down each day
- Jog 60 sec, walk 90 sec, 8 times total

Estimated total time: 30 min

Estimated Daily Distance: 1.65 mi

**EXTEND THE WALKING TIME
PAST 90 SECONDS IF THIS IS NOT
ENOUGH RECOVERY TIME**

WEEK 2

Complete on Running days 1, 2, 3

- 5 min warm up and cool down each day
- Jog 90 sec, walk 2 min, 6 times total

Estimated Total time: 31 min

Estimated Daily Distance: 1.75 mi

WEEK 3

Complete on Running days 1, 2, 3

- 5 min warm up and cool down each day
- Jog 90 sec, walk 60 sec, jog 3 min, walk 2 min, 3 times total

Estimated Total time: 32.5 min

Estimated Daily Distance: 2.05 mi

WEEK 4

Complete on Running days 1, 2, 3

- 5 min warm up and cool down each day
- 4 jogging intervals: 5 min, 4 min, 3 min, 5 min
- A 2 min walking interval occurs after each jogging interval.

Estimated Total time: 35 min.

Total Distance: 2.35 mi

WEEK 5

5 min warm up and cool down each day

Complete on Running days 1 and 2

- 3 Jogging intervals: 5 min, 8 min, 5 min
- A 3 min walking interval occurs after each jogging interval.

Estimated Total time: 37 min.

Estimated Distance: 2.5 mi

Complete on Running day 3

- 3 Jogging intervals: 10 min, 8 min, 5 min
- A 2 min walking interval occurs between the jogging intervals

Estimated Total time: 37 min

Estimated Distance: 2.75 mi

WEEK 6

5 min warm up and cool down each day

Complete on Running days 1 and 2

- Jog 15 min, walk 3 min, Jog 12 min

Estimated Total time: 40 min

Estimated Distance: 3.1 mi

Complete on Running day 3

- Jog 20 min, walk 3, Jog 7 min

Estimated Total time: 40 min.

Estimated Distance: 3.1 mi

WEEK 7

5 min warm and cool down completed daily

Running day 1

- Jog 25 min, walk 2 min, Jog 5 min

Estimated Total Time: 42 min.

Estimated Total Distance: 3.35 mi

Running day 2

- Jog 28 min, walk 2 min, Jog 5 min

Estimated Total Time: 45 min

Estimated Total Distance: 3.65 mi

Running day 3

- Jog 30 min, walk 2 min, Jog 5 min

Estimated Total Time: 42 min

Estimated Total Distance: 3.85

WEEK 8

5 min warm up and cool down each day

Running day 1

- Jog 30 min, walk 2 min, Jog 7 min

Estimated Total Time: 49 min

Estimated Distance: 4.05 mi

Running day 2 and 3

- Jog 35 min, walk 2 min, Jog 7 min

Estimated Total time: 54 minutes

Estimated Distance: 4.55 mi

**YOU HAVE EXCEEDED THE TOTAL
MILEAGE NEEDED FOR PAT'S RUN!**

This is an adapted run protocol similar to most couch-to-5K running programs designed to help beginner runners get ready for the big day.

If you have any known health conditions, it is strongly recommended to speak with your physician prior to beginning any new exercise program.

GOOD LUCK AND ENJOY THE JOURNEY!