



# COUCH 2 5K DAILY CHECKLIST

START DATE: \_\_\_\_\_

MONTH 1

RACE DATE: \_\_\_\_\_

Week 1	Daily Work Out:	Completed:
Day 1	Walk 20 minutes	
Day 2	Cross Training	
Day 3	Jog 30 seconds/Walk 2 min - 20 minutes	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 20 minutes	
Day 7	Jog 30 seconds/Walk 2 min - 20 minutes	
Week 2	Daily Work Out:	Completed:
Day 1	Walk 20 minutes	
Day 2	Cross Training	
Day 3	Jog 30 seconds/Walk 2 min - 20 minutes	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 20 minutes	
Day 7	Jog 30 seconds/Walk 2 min - 20 minutes	

Week 3	Daily Work Out:	Completed:
Day 1	Walk 25 minutes	
Day 2	Cross Training	
Day 3	Jog 45 seconds/Walk 90 sec - 25 minutes	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 25 minutes	
Day 7	Jog 45 seconds/Walk 90 sec - 25 minutes	
Week 4	Daily Work Out:	Completed:
Day 1	Walk 25 minutes	
Day 2	Cross Training	
Day 3	Jog 45 seconds/Walk 90 sec - 25 minutes	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 25 minutes	
Day 7	Jog 45 seconds/Walk 90 sec - 25 minutes	

## MONTH 2

Week 5	Daily Work Out:	Completed:
Day 1	Walk 30 min	
Day 2	Cross Training	
Day 3	Jog 1 min/Walk 2 min - 24 minutes	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 30 min	
Day 7	Jog 1/4 mile, Walk 3 min x4	
Week 6	Daily Work Out:	Completed:
Day 1	Walk 30 min	
Day 2	Cross Training	
Day 3	Jog 1 min/Walk 2 min - 27 min	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 30 min	
Day 7	Jog 1/4 mile, Walk 3 min x6	

Week 7	Daily Work Out:	Completed:
Day 1	Walk 35 min	
Day 2	Cross Training	
Day 3	Jog 90 sec/Walk 2 min 28 min	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 35 min	
Day 7	Jog 1/2 mile, Walk 5 min x3	
Week 8	Daily Work Out:	Completed:
Day 1	Walk 35 min	
Day 2	Cross Training	
Day 3	Jog 90 sec/Walk 2 min 35 min	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 35 min	
Day 7	Jog 1/2 mile, Walk 5 min x4	

## MONTH 3

Week 9	Daily Work Out:	Completed:
Day 1	Walk 40 min	
Day 2	Cross Training	
Day 3	Run 2 min/Walk 2 min - 32 min	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 40 min	
Day 7	Jog 1 mile, Walk 5 min x2	
Week 10	Daily Work Out:	Completed:
Day 1	Walk 40 min	
Day 2	Cross Training	
Day 3	Run 2 min/Walk 2 min 36 min	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 40 min	
Day 7	Jog 1.5 mile, Walk 5 min x2	

Week 11	Daily Work Out:	Completed:
Day 1	Walk 45 min	
Day 2	Cross Training	
Day 3	Run 2 min/Walk 1 min - 27 min	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 45 min	
Day 7	Jog 2.5 mile	
Week 12	Daily Work Out:	Completed:
Day 1	Walk 45 min	
Day 2	Cross Training	
Day 3	Run 2 min/Walk 1 min - 30 minutes	
Day 4	Take a day off!	
Day 5	Cross Training	
Day 6	Walk 45 min	
Day 7	Race/Time Trial Day: Complete your 5k!	



# CROSS TRAINING TRACKER (ALL)

<b>Month 1</b>					
<u>Warm Up</u>	Bike or Walk x5 min	<u>Write in the Reps Completed and Weight (if Used)</u>			
<u>Exercise</u>	<u>Aim for:</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
Goblet Squat	3x12	, , ( )	, , ( )	, , ( )	, , ( )
Bridge	3x15	, , ( )	, , ( )	, , ( )	, , ( )
Split Squat	3x8 ea	, , ( )	, , ( )	, , ( )	, , ( )
Dead Lift	3x12	, , ( )	, , ( )	, , ( )	, , ( )
Calf Raises	3x15	, , ( )	, , ( )	, , ( )	, , ( )
Drop Squats	3x8	, , ( )	, , ( )	, , ( )	, , ( )
Vertical Jumps	3x5	, , ( )	, , ( )	, , ( )	, , ( )
<u>Circuit:</u>	3 rounds	<u>Write in Time or Check off!</u>			
Wall Sit	30s	, ,	, ,	, ,	, ,
Front Plank	30s	, ,	, ,	, ,	, ,
Band Side Stepping	1 lap	, ,	, ,	, ,	, ,
2 Leg Pogo Hops/Jump Rope	20s	, ,	, ,	, ,	, ,

<b>Month 2</b>					
<u>General Warm Up:</u>	Walk or bike x5 min	<u>Write in the Reps Completed and Weight (if Used)</u>			
<u>Exercise</u>	<u>Aim for:</u>	<u>Week 5</u>	<u>Week 6</u>	<u>Week 7</u>	<u>Week 8</u>
Goblet Squat	3x12	, , ( )	, , ( )	, , ( )	, , ( )
Bridge Marching	3x10 ea side	, , ( )	, , ( )	, , ( )	, , ( )
Reverse Lunge	3x8 ea side	, , ( )	, , ( )	, , ( )	, , ( )
Dead Lift	3x12	, , ( )	, , ( )	, , ( )	, , ( )
SL Calf Raise	3x12 ea	, , ( )	, , ( )	, , ( )	, , ( )
Drop Split Squat	3x5 ea side	, , ( )	, , ( )	, , ( )	, , ( )
Vertical Jump	3x5	, , ( )	, , ( )	, , ( )	, , ( )
<u>Circuit:</u>	3 rounds	<u>Write in Time or Check off!</u>			
Split Stance Hold	30s ea side	, ,	, ,	, ,	, ,
Side Plank	30s ea side	, ,	, ,	, ,	, ,
Band Side Stepping	1 lap	, ,	, ,	, ,	, ,
2 Leg Pogo Hops/Jump Rope	30s	, ,	, ,	, ,	, ,

<b>Month 3</b>					
<u>General Warm Up:</u>	Bike or Walk x5 min	<u>Write in the Reps Completed and Weight (if Used)</u>			
<u>Exercise</u>	<u>Aim for:</u>	<u>Week 9</u>	<u>Week 10</u>	<u>Week 11</u>	<u>Week 12</u>
Goblet Squat	3x12	, , ( )	, , ( )	, , ( )	, , ( )
SL Bridge	3x12	, , ( )	, , ( )	, , ( )	, , ( )
Lateral Lunge	3x8 ea	, , ( )	, , ( )	, , ( )	, , ( )
SL Dead Lift	3x8 ea	, , ( )	, , ( )	, , ( )	, , ( )
SL Calf Raise	3x15 ea	, , ( )	, , ( )	, , ( )	, , ( )
SL Drop Squat/Snap Down	3x5 ea	, , ( )	, , ( )	, , ( )	, , ( )
Vertical Jump	3x5	, , ( )	, , ( )	, , ( )	, , ( )
Broad Jump	3x5	, , ( )	, , ( )	, , ( )	, , ( )
<u>Circuit:</u>	3 rounds	<u>Write in Time or Check off!</u>			
SL Wall Sit	30s	, ,	, ,	, ,	, ,
Dead Lift	10 reps	, ,	, ,	, ,	, ,
Short Side Plank Clam Shells	15 reps ea side	, ,	, ,	, ,	, ,
2 Leg Pogo Hops/Jump Rope	30s	, ,	, ,	, ,	, ,