

## CATnip Friday 5k & Mouse Miler - Couch to 5k suggested training plan

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>May</b> <b>Weeks 1 – 4 (Foundation)</b>	Start with 5 min walk. Then repeat 10 times: run for one minute then walk for one minute. Finish with 5 min walk.	Rest, cross train, or repeat Monday's workout.	Start with 5 min walk. Then repeat 7 times: run for 2 minutes then walk for 1 min. Finish with 5 min walk.	Rest, cross train, or repeat Wednesday's workout.	Rest or cross train. Make sure to give your cat(s) extra love (maybe even catnip?).	Start with 5 min walk. Then repeat 5 times: run for two minute then walk 30 seconds. Finish with 5 min walk.	Rest, cross train, or repeat Monday's workout.
<b>June</b> <b>Weeks 5 - 8 (Transition)</b>	Start with 3 min run. Then 3 min walk. Then repeat 10 times: run for 2 minutes then walk for 1 min. Finish with 4 min walk.	Rest, cross train, or repeat Monday's workout.	Start with 3 min run. Then 3 min walk. Then repeat 6 times: run for 3 minutes then walk for 1 min. Finish with 4 min walk.	Rest, cross train, or repeat Wednesday's workout.	Rest or cross train. Make sure to give your cat(s) extra love (maybe even catnip?).	Start with 3 min run. Then walk 3 minutes. Then repeat 4 times: run for 5 minutes then walk for 1 min. Finish with 4 min walk.	Rest, cross train, or repeat Monday's workout.
<b>July</b> <b>Week 9 - 13 (Quality)</b>	Repeat 3 times: Run 10 minutes. Then walk 3 minutes. Join the group run at PRC Monday at 6:15pm	Rest, cross train, or repeat Monday's workout.	Start with 2 min walk. Then repeat 4 times: run for 8 minutes then walk for 1 min. Finish with 2 min walk.	Rest, cross train, or repeat Wednesday's workout.	Rest or cross train. Make sure to give your cat(s) extra love (maybe even catnip?).	Start with 5 min walk. Then run for 20 minutes. Then walk 5 minutes. Then run for 10 minutes. Then finish with 5 minutes walk.	Rest, cross train, or repeat Monday's workout.
<b>August</b> <b>Week 14 - 15 (Race Week!)</b>	Repeat 3 times: Run 10 minutes. Then walk 3 minutes. Join the group run at PRC Monday at 6:15pm	Rest.	Run 10 minutes. Then walk 3 minutes	Rest. Your big day is tomorrow!	<b>Run the CATnip Friday 5k. Yippie! You did it!</b>		

**Congrats on completing your first 5k! But there's no reason to stop running now. Maybe make it a goal to have your next race be the Pints to Pasta 10k in September? Or browse the race calendar on Run Oregon to pick your next race. We'll be back in 2010.**

visit [catnipfriday5k.org](http://catnipfriday5k.org) or [catadoptionteam.org](http://catadoptionteam.org)

Total running time per week
35 minutes
67 minutes
84 minutes
40 minutes not including race