



Spring Semester Challenge



MONTH 1

Couch to 10K Tracking Sheet

Name: _____

Welcome to the Couch to 10K running challenge. Remember to start each exercise session with a 5 minute warm-up and a 5 minute cool-down. Most sessions can be completed in 30 minutes. This program is for those who can already jog 2-3 miles without stopping.

Check off each day you complete the training program. Remember to return all three months of tracking sheets to wellness@weber.edu or MC 3501 by April 19, 2019

Week	Workout 1	Workout 2	Workout 3
1	Jog 1 Mile <input type="checkbox"/>	Jog 1 Mile <input type="checkbox"/>	Jog 2 Miles <input type="checkbox"/>
2	Jog 1.5 Miles <input type="checkbox"/>	Jog 1.5 Miles <input type="checkbox"/>	Jog 2.5 Miles <input type="checkbox"/>
3	Jog 2 Miles <input type="checkbox"/>	Jog 1.5 Miles <input type="checkbox"/>	Jog 3 Miles <input type="checkbox"/>
4	Jog 2 Miles <input type="checkbox"/>	Jog 2 Miles <input type="checkbox"/>	Jog 3.5 Miles <input type="checkbox"/>