



Spring Semester Challenge



MONTH 3

Couch to 10K Tracking Sheet

Name: _____

Welcome to month 2 of 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.

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
9	Jog 4 Miles <input type="checkbox"/>	Jog 3.5 Miles <input type="checkbox"/>	Jog 5 Miles <input type="checkbox"/>
10	Jog 4 Miles <input type="checkbox"/>	Jog 4 Miles <input type="checkbox"/>	Jog 5.5 Miles <input type="checkbox"/>
11	Jog 4 Miles <input type="checkbox"/>	Jog 4 Miles <input type="checkbox"/>	Jog 5.5 Miles <input type="checkbox"/>
12	Jog 4 Miles <input type="checkbox"/>	Jog 2 Miles <input type="checkbox"/>	Jog 6 Miles <input type="checkbox"/>

