



Spring Semester Challenge



MONTH 1

Couch to 5K Tracking Sheet

Name: _____

Welcome to the Couch to 5K 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 first month will focus on starting a simple walking program.

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	15 minute brisk walk <input type="checkbox"/>	15 minute brisk walk <input type="checkbox"/>	15 minute brisk walk <input type="checkbox"/>
2	20 minute brisk walk <input type="checkbox"/>	20 minute brisk walk <input type="checkbox"/>	20 minute brisk walk <input type="checkbox"/>
3	25 minute brisk walk <input type="checkbox"/>	25 minute brisk walk <input type="checkbox"/>	25 minute brisk walk <input type="checkbox"/>
4	Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. <input type="checkbox"/>	Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. <input type="checkbox"/>	Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. <input type="checkbox"/>