



Spring Semester Challenge



MONTH 2

Couch to 5K Tracking Sheet

Name: _____

Welcome to month 2 of the Couch to 5K running challenge. Remember to start each exercise session with a 5 minute warm-up and a 5 minute cool-down. This month you will be slowly increasing your jogging time.

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
5	Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. <input type="checkbox"/>	Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. <input type="checkbox"/>	Alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. <input type="checkbox"/>
6	Complete two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes 	Complete two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes 	Complete two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes
7	<input type="checkbox"/> <ul style="list-style-type: none"> Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2.5 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes 	<input type="checkbox"/> <ul style="list-style-type: none"> Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2.5 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes 	<input type="checkbox"/> <ul style="list-style-type: none"> Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2.5 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes
8	<input type="checkbox"/> <ul style="list-style-type: none"> Jog 5 minutes Walk 3 minutes Jog 5 minutes Walk 3 minutes Jog 5 minutes 	<input type="checkbox"/> <ul style="list-style-type: none"> Jog 8 minutes Walk 5 minutes Jog 8 minutes 	<input type="checkbox"/> <ul style="list-style-type: none"> Jog 20 minutes with no walking.