



Spring Semester Challenge



MONTH 3

Couch to 5K Tracking Sheet

Name: _____

Welcome to month 3 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. During this final month, you will build up to jogging for 3 miles continuously.

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	<ul style="list-style-type: none"> Jog 1/2 mile Walk 1/4 mile Jog 3/4 mile Walk 1/4 mile Jog 1/2 mile <input type="checkbox"/>	<ul style="list-style-type: none"> Jog 1 mile Walk 1/4 mile Jog 1 mile <input type="checkbox"/>	Jog 2-1/4 miles with no walking <input type="checkbox"/>
10	Jog 2.5 miles <input type="checkbox"/>	Jog 2.5 miles <input type="checkbox"/>	Jog 2.5 miles <input type="checkbox"/>
11	Jog 2.75 miles <input type="checkbox"/>	Jog 2.75 miles <input type="checkbox"/>	Jog 2.75 miles <input type="checkbox"/>
12	Jog 3 miles <input type="checkbox"/>	Jog 3 miles <input type="checkbox"/>	Jog 3 miles <input type="checkbox"/>

