



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 30 minutes 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 5 minutes Walk 3 minutes Jog 8 minutes Walk 3 minutes Jog 5 minutes <input type="checkbox"/>	<ul style="list-style-type: none"> Jog 10 minutes Walk 3 minutes Jog 10 minutes <input type="checkbox"/>	Jog 22 minutes with no walking <input type="checkbox"/>
10	Jog 25 minutes. <input type="checkbox"/>	Jog 25 minutes. <input type="checkbox"/>	Jog 25 minutes. <input type="checkbox"/>
11	Jog 28 minutes <input type="checkbox"/>	Jog 28 minutes <input type="checkbox"/>	Jog 28 minutes <input type="checkbox"/>
12	Jog 30 minutes. <input type="checkbox"/>	Jog 30 minutes. <input type="checkbox"/>	Jog 30 minutes. <input type="checkbox"/>