



COUCH TO 5K

Walk, Jog or Run 2019



FISHER | TITUS



Norwalk Parks & Recreation and Fisher-Titus Medical Center will be utilizing ZenLabs Fitness 5K®. The mobile version is available online through iTunes or the Google Play Store. This free mobile version allows you to easily track your running progress online, access a host of easy-to-use training tools, connect with others and more!

WEEK	WORKOUT 1 MEET-UPS	WORKOUT 2	WORKOUT 3
#1 October 8	Brisk 5 minute warm up walk. Then alternate 60 seconds of jogging and 90 sec. of walking for a total of 20 minutes	Brisk 5 minute warm up walk. Then alternate 60 seconds of jogging and 90 sec. of walking for a total of 20 minutes	Brisk 5 minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes
#2 October 15	Brisk 5 minute warm up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes	Brisk 5 minute warm up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes	Brisk 5 minute warm up walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes
#3 October 22	Brisk 5 minute warm up walk, then do 2 reps of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes 	Brisk 5 minute warm up walk, then do 2 reps of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes 	Brisk 5 minute warm up walk, then do 2 reps of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes
#4 October 29	Brisk 5 minute warm up walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2 ½ minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes 	Brisk 5 minute warm up walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2 ½ minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes 	Brisk 5 minute warm up walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2 ½ minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes
#5 November 5	Brisk 5 minute warm up walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes 	Brisk 5 minute warm up walk, then: <ul style="list-style-type: none"> • Jog ¾ mile or 8 minutes • Walk ½ mile or 5 minutes. • Jog ¾ mile or 8 minutes 	Brisk 5 minute warm up walk, then jog 2 miles or 20 minutes (with no walking)
#6 November 12	Brisk 5 minute warm up walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 8 minutes • Walk 3 minutes • Jog 5 minutes 	Brisk 5 minute warm up walk, then: <ul style="list-style-type: none"> • Jog 1 mile or 10 minutes • Walk ¼ mile or 3 minutes • Jog 1 mile or 10 minutes 	Brisk 5 minute warm up walk, then jog 2 ¼ miles or 22 minutes (with no walking)
#7 November 19	Brisk 5 minute warm up walk, then jog 2.5 miles or 25 minutes	Brisk 5 minute warm up walk, then jog 2.5 miles or 25 minutes	Brisk 5 minute warm up walk, then jog 2.5 miles or 25 minutes
#8 November 26	Brisk 5 minute warm up walk, then jog 2.75 miles or 28 minutes	Brisk 5 minute warm up walk, then jog 2.75 miles or 28 minutes	Brisk 5 minute warm up walk, then jog 30 minutes
#9 December 3	Brisk 5 minute warm up walk, then jog 3 miles or 30 minutes	Brisk 5 minute warm up walk, then jog 3 miles or 30 minutes	Brisk 5 minute warm up walk, then jog 3 miles or 30 minutes THE FINAL WORKOUT!! CONGRATS!!

YOU'RE NOW READY TO SIGN UP FOR THE JINGLE BELL RUN ON SATURDAY, DECEMBER 7, 2019. LET'S SEE ALL YOUR HARD WORK AND DEDICATION PAY OFF!! YOU MUST REGISTER FOR AND COMPLETE THE RACE TO BE ELIGIBLE FOR PRIZES. **There is a registration fee for Jingle Bell Run.