



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING WELLNESS CHALLENGE COUCH TO 5K

March 30 – May 10, 2025



Follow our 6 week cardio plan and walk or run a 5K by May 10 to get entered into a drawing to win a running belt.

*Join other members at the Irrigation Festival 5K on May 10 and be a part of Washington's longest running festival!

Sign up and track your progress in the Wellness Center.

CONTACT: Tracey Durso, 360-320-6021, Tracey@olympicpeninsulaymca.org

Name: _____

SPRING WELLNESS CHALLENGE

COUCH TO 5K

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March 30 – May 10, 2025

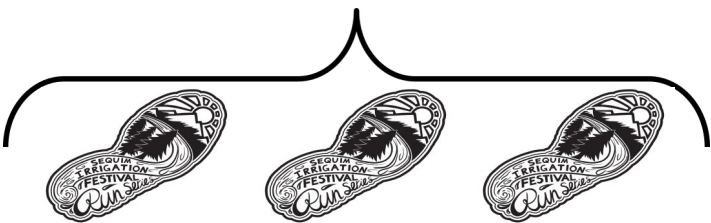
Week 1 (March 30 – April 5)



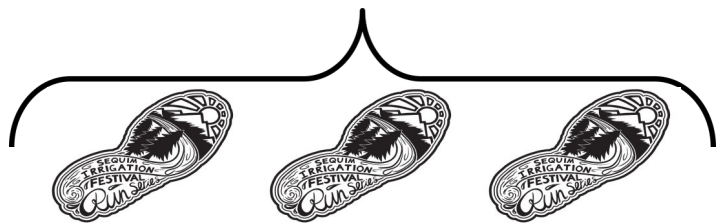
Week 2 (April 6 – 12)



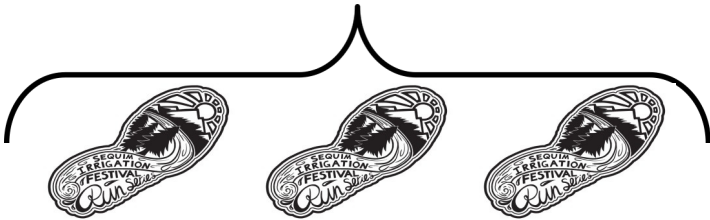
Week 3 (April 13 – 19)



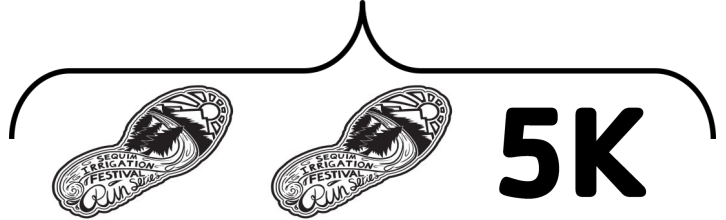
Week 4 (April 20 – April 26)



Week 5 (April 27 – May 3)



Week 6 (May 4 – 10)



SPRING WELLNESS CHALLENGE COUCH TO 5K CARDIO PLAN



WEEK	Cardio Day 1	Cardio Day 2	Cardio Day 3
1	Fast 1 min Slow 1 min Repeat x 10	Fast 2 mins Slow 4 mins Repeat x 5	Fast 2 mins Slow 4 mins Repeat x 5
2	Fast 3 mins Slow 3 mins Repeat x 4	Fast 3 mins Slow 3 mins Repeat x 4	Fast 5 mins Slow 3 mins Repeat x 3
3	Fast 7 mins Slow 2 mins Repeat x 3	Fast 8 mins Slow 2 mins Repeat x 3	Fast 8 mins Slow 2 mins Repeat x 3
4	Fast 8 mins Slow 2 mins Repeat x 3	Fast 10 mins Slow 2 mins Repeat x 2	Fast 8 mins Slow 2 mins Repeat x 3
5	Fast 9 mins Slow 1 min Repeat x 3	Fast 12 mins Slow 2 mins Repeat x 2	Fast 8 mins Slow 2 mins Repeat x 3
6	Fast 15 mins Slow 1 min Repeat x 2	Fast 8 mins Slow 2 mins Repeat x 3	5 K Race!

WELLNESS CHALLENGE COUCH TO 5K CARDIO PLAN



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