



# Legacy Health

## Couch-to-Starlight 5k Training Schedule

Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 5 repeats of 1 minute run / 1 minute walk <i>(15 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 5 repeats of 2 minute run / 2 minute walk <i>(25 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 10 repeats of 1 minute run / 1 minute walk <i>(25 minutes total)</i>	Rest
2	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 5 repeats of 2 minute run / 4 minute walk <i>(35 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 5 repeats of 2 minute run / 4 minute walk <i>(35 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 5 repeats of 2 minute run / 4 minute walk <i>(35 minutes total)</i>	Rest
3	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 5 repeats of 3 minute run / 4 minute walk <i>(40 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 5 repeats of 3 minute run / 4 minute walk <i>(40 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 5 minute run / 5 minute walk <i>(35 minutes total)</i>	Rest
4	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 5 minute run / 5 minute walk <i>(35 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 7 minute run / 3 minute walk <i>(35 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 7 minute run / 3 minute walk <i>(35 minutes total)</i>	Rest
5	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 8 minute run / 2 minute walk <i>(35 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 8 minute run / 2 minute walk <i>(35 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 8 minute run / 2 minute walk <i>(35 minutes total)</i>	Rest
6	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 2 repeats of 10 minute run / 2 minute walk <i>(25 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 2 repeats of 10 minute run / 2 minute walk, then 5 minute run <i>(30 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 10 minute run / 1 minute walk <i>(38 minutes total)</i>	Rest
7	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 2 repeats of 12 minute run / 2 minute walk <i>(33 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 2 repeats of 12 minute run / 2 minute walk <i>(33 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 10 minute run / 1 minute walk <i>(38 minutes total)</i>	Rest
8	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 10 minute run / 1 minute walk <i>(38 minutes total)</i>	Rest	<b>Warmup:</b> 5 minute walk <b>Workout:</b> 3 repeats of 8 minute run / 1 minute walk <i>(32 minutes total)</i>	Rest	<b>Starlight Run!</b>	Rest

Before you begin this or any exercise program you should consult your physician. All physical movement involves risk of injuries. Proceed with caution and at your own risk.

*For training tips, visit [legacyhealth.org/starlight](http://legacyhealth.org/starlight)*

[www.legacyhealth.org](http://www.legacyhealth.org)



EMANUEL Medical Center

GOOD SAMARITAN Medical Center

MERIDIAN PARK Medical Center

MOUNT HOOD Medical Center

SALMON CREEK Medical Center

RANDALL CHILDREN'S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP

LEGACY LABORATORY

LEGACY RESEARCH

LEGACY HOSPICE