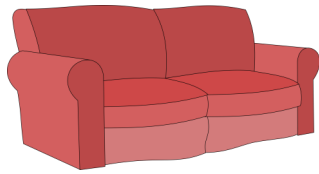


Couch to Point 5K Training Plan



2



Need to get in shape for the Kirkland Town Library's .5K on January 30? This step-by-step training guide will take you from relaxing on the couch to crossing the finish line.

Don't overexert yourself during training. Be sure to hydrate. If working out at night, be sure to wear reflective clothing.

| Week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------|------|--|------|--|------|-------------------------------|--|
| 1 | Rest | Stand up; sit down. Repeat 3 times. | Rest | Stand up; sit down. Repeat 6 times. | Rest | Read a book. | Stand up; sit down. Repeat 10 times. |
| 2 | Rest | Get off the couch; walk to your kitchen; do a deep knee bend. Repeat 2 times. | Rest | Get off the couch; walk to your kitchen; do a deep knee bend. Repeat 4 times. | Rest | Listen to an audiobook. | Get off the couch; walk to your kitchen; do a deep knee bend. Repeat 8 times. |
| 3 | Rest | Put on shoes; walk to the mailbox; do one jumping jack; say hi to the mail carrier if he/she is there. | Rest | Put on shoes and coat; walk to the corner; do one jumping jack. Wave if anyone honks at you. | Rest | Read a magazine or newspaper. | Put on shoes, coat, hat, and gloves; walk to the car; drive to the Library; walk around the outside of the building; wave to the staff inside. |
| 4 | Rest | Drive to the Library; walk around the outside of the building two times; wave to the staff inside. | Rest | Drive to the Cider Mill; walk down Elm Street to the corner of Murty; return to your car. | Rest | Borrow a DVD. | Drive to the Cider Mill; walk to the Library; return to your car; stop for coffee on the drive home. |

See you at the race on January 30!