



**PERSEVERANCE 3K
8-WEEK TRAINING PROGRAM:
'COUCH TO CUMBERLAND!'**

The following program should be run 3 times per week with a rest day or cross training day in between workouts. Running should always be done at a conversational pace and walking should be done briskly.

Always warm up and cool down for a minimum of 5 minutes walking before and after the training session. Finish with stretches for the lower body.

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Week	Training Session	Total Run Time
1	Run 1 min: Walk 1 min *10 sets	10 min
2	Run 2 min: Walk 1 min *6 sets	12 min
3	Run 3 min: Walk 1 min *5 sets	15 min
4	Run 4 min: Walk 1 min *4 sets	16 min
5	Run 5 min: Walk 1 min *3 sets	15 min
6	Run 6 min: Walk 1 min *3 sets	18 min
7	Run 8 min: Walk 1 min *3 sets	24 min
8	Run 10 min: Walk 1 min *3 sets	30 min
9	Perseverance Trail Run! Oct 28 th 11:00am, Cumberland, BC.	3kms