



Noonan Sport Specialists

Couch to 5k Program



Week	Date	Run	Walk	# Times	+ Run	Total minutes	Location
1	Tuesday, April 17, 2018	30 sec	2 min	12		30	Big Ole
	Thursday, April 19, 2018	30 sec	2	12		30	YMCA
	Saturday, April 21, 2018	40 sec	2	11	40 sec	30	NSS
2	Tuesday, April 24, 2018	40 sec	2	11	40 sec	30	Big Ole
	Thursday, April 26, 2018	50 sec	2	10	50 sec	30	YMCA
	Saturday, April 28, 2018	50 sec	2	10	50 sec	30	NSS
3	Tuesday, May 1, 2018	1 min	2	10		30	Big Ole
	Thursday, May 3, 2018	1:15	2	9	45 sec	30	YMCA
	Saturday, May 5, 2018	1:30	2	9		30	NSS
4	Tuesday, May 8, 2018	1:45	2	8		30	Big Ole
	Thursday, May 10, 2018	2	2	7	2	30	YMCA
	Saturday, May 12, 2018	2:30	2	7		30	NSS
5	Tuesday, May 15, 2018	3	2	6		30	Big Ole
	Thursday, May 17, 2018	3:30	2	5	2:30	30	YMCA
	Saturday, May 19, 2018	4	2	5		30	NSS
6	Tuesday, May 22, 2018	4:30	2	4	4	30	Woodland
	Thursday, May 24, 2018	5	2	4	2	30	YMCA
	Saturday, May 26, 2018	6	2	3	6	30	NSS
7	Tuesday, May 29, 2018	7	2	3	3	30	Woodland
	Thursday, May 31, 2018	8	2	3		30	YMCA
	Saturday, June 2, 2018	9	2	2	8	30	NSS
8	Tuesday, June 5, 2018	9	2	2	8	30	Woodland
	Thursday, June 7, 2018	10	2	2	6	30	YMCA
	Saturday, June 9, 2018	10	2	2	6	30	NSS
9	Tuesday, June 12, 2018	11	2	2	4	30	Woodland
	Thursday, June 14, 2018	12	2	2	2	30	YMCA
	Saturday, June 16, 2018	13	2	2		30	NSS
		1st run	walk	2nd run	Total minutes		
10	Tuesday, June 19, 2018	14	2	14		30	Woodland
	Thursday, June 21, 2018	15	2	13		30	YMCA
	Saturday, June 23, 2018	RACE DAY					YMCA