



AYCC'S COUCH TO 5K

6 Weeks to Your First Doc & Mardie

Week 1

Day 1 5 min walk
1 min jog + 1.5 min walk
Repeat for a total of
20 minutes

Day 2
Rest Day

Day 3 5 min walk
1 min jog + 1.5 min walk
Repeat for a total of
20 minutes

Day 4
Rest Day

Day 5 5 min walk
1 min jog + 1.5 min walk
Repeat for a total of
20 minutes

Day 6 Cross Train
Stationary Bike or
elliptical
for 20 minutes

Day 7
Rest Day

*Day one or one day? You
chose day one. Let's go!*

Week 2

Day 1 5 min walk
1.5 min jog + 2 min walk
Repeat for a total of
20 minutes

Day 2
Rest Day

Day 3 Cross Train
Stationary Bike or
elliptical
for 20 minutes

Day 4
Rest Day

Day 5 5 min walk
1.5 min jog + 2 min walk
Repeat for a total of
20 minutes

Day 6 Cross Train
Stationary Bike or
elliptical
for 20 minutes

Day 7
Rest Day

*You don't have to be fast -
just fearless. Keep
showing up!*

Week 3

Day 1 5 min walk
2 min jog + 2 min walk
Repeat for a total of
20 minutes

Day 2 Cross Train
Stationary Bike or
elliptical
for 20 minutes

Day 3
Rest Day

Day 4 5 min walk
2.5 min jog + 2 min walk
Repeat for a total of
20 minutes

Day 5
Rest Day

Day 6 5 min walk
2.5 min jog + 2 min walk
Repeat for a total of
25 minutes

Day 7
Rest Day

*Every step is a step
forward. You're stronger
than you think!*

BELONG BELIEVE ACHIEVE

Alfond Youth & Community Center | 207-873-0684 | info@clubaycc.org | www.clubaycc.org

AYiCC
ALFOND YOUTH & COMMUNITY CENTER



AYCC'S COUCH TO 5K

6 Weeks to Your First Doc & Mardie



Week 4

Day 1 5 min walk
3 min jog + 2 min walk
Repeat for a total of
25 minutes

Day 2
Rest Day

Day 3 5 min walk
4 min jog + 2 min walk
Repeat for a total of
25 minutes

Day 4
Rest Day

Day 5 5 min walk
4 min jog + 2 min walk
Repeat for a total of
25 minutes

Day 6 Cross Train
Stationary Bike or
elliptical
for 20 minutes

Day 7
Rest Day

*You've come too far to
quit now. Trust your pace,
trust the process.*

Week 5

Day 1 5 min walk
3 min jog + 2 min walk
Repeat for a total of
25 minutes

Day 2 Cross Train
Stationary Bike or
elliptical
for 25 minutes

Day 3
Rest Day

Day 4 5 min walk
5 min jog + 2 min walk
Repeat for a total of
25 minutes

Day 5 Cross Train
Stationary Bike or
elliptical
for 25 minutes

Day 6 5 min walk
6 min jog + 3 min walk
Repeat for a total of
30 minutes

Day 7
Rest Day

*The finish line is getting
closer - run toward the
version of you who
believed in this!*

Week 6

Day 1 5 min walk
7 min jog + 3 min walk
Repeat for a total of
30 minutes

Day 2 Cross Train
Stationary Bike or
elliptical
for 25 minutes

Day 3
Rest Day

Day 4 5 min walk
10 min jog + 5 min walk
Repeat for a total of
20 minutes

Day 5 Cross Train
2.5 min jog + 2 min walk
Repeat for a total of
30 minutes

Day 6 5 min walk
10 min jog + 5 min walk
Repeat for a total of
20 minutes

Day 7
Rest Day

*This is what you trained
for. Deep breath. Strong
strides. You've got this!*

Doc & Mardie 5K Saturday, August 23

Yes, you can do it too!

8:15 am @ AYCC

Join us for the 20th Annual Doc & Mardie 5K and Youth 1-Mile Fun Run! Whether you're a seasoned runner, weekend walker, or cheering from the sidelines, this event is for all ages and fitness levels.

\$25.00 through July 26 (\$30 thereafter) Register today! ----->>>

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