

# FROM COUCH TO 6K RUN!

**BROOKS**  
RUN HAPPY

WEEK 1

MONDAY

JOG/WALK



60 SECOND JOG  
60 SECOND WALK

TUESDAY

CROSS TRAIN



WEDNESDAY

RECOVERY/  
STRETCH



THURSDAY

JOG/WALK



2 MINUTE JOG  
60 SECOND WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/  
RECOVERY WALK



SUNDAY

JOG/WALK



6 MINUTE JOG  
60 SECOND WALK

WEEK 2

MONDAY

JOG/WALK



4 MINUTE JOG  
60 SECOND WALK

TUESDAY

CROSS TRAIN



WEDNESDAY

RECOVERY/  
STRETCH



THURSDAY

JOG/WALK



3 MINUTE JOG  
2 MINUTE WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/  
RECOVERY WALK



SUNDAY

JOG



9 MINUTE JOG  
60 SECOND WALK

WEEK 3

MONDAY

RUN/WALK



8 MINUTE RUN  
60 SECOND WALK

TUESDAY

REST



WEDNESDAY

RECOVERY/  
WALK



THURSDAY

RUN/WALK



6 MINUTE RUN  
60 SECOND WALK

FRIDAY

CROSS TRAIN



SATURDAY

OFF/  
RECOVERY WALK



SUNDAY

RUN



45 MIN

WEEK 4

MONDAY

RUN/WALK



10 MINUTE RUN  
60 SECOND WALK

TUESDAY

CROSS TRAIN



WEDNESDAY

RECOVERY/  
STRETCH



THURSDAY

RUN/WALK



5 MINUTE RUN  
60 SECOND WALK

FRIDAY

STRETCH



SATURDAY

OFF/  
RECOVERY WALK



SUNDAY

6K  
RACE DAY!

\*Please use this training plan as a guide only. Listen to your body and go at your own pace.