COUCH#10K

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
QEST AND PECHARO	1 mile	Cross- training	2 miles	RECHARD AND AND AND AND AND AND AND AND AND AN	1 mile	2.5 miles
RECHARGE	1.5 miles	Cross- training	2 miles	QLST AND APPCHARGO	1.5 mile	3 miles
QUEST AND PECHARO	1.5 mile	Cross-training	2 miles	RECHARD AND AND AND AND AND AND AND AND AND AN	1.5 mile	4 miles
QLST AND PECHARO	2 mile	Cross-training	2.5 miles	A PECHAR	2 mile	5 miles
RECHARGE	2 mile	Cross- training	3 miles	QUEST AND PROCHARGO	2 mile	6 miles
PECHARON AND AND AND AND AND AND AND AND AND AN	2 mile	Stretch it out	2 miles	1 mile	REST AND PRCHARGE	FINISH RACE DAY!

my goal

