





# COUCH *to* 10K

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 mile <input type="checkbox"/>	Cross-training <input type="checkbox"/> 	2 miles <input type="checkbox"/>		1 mile <input type="checkbox"/>	2.5 miles <input type="checkbox"/>
	1.5 miles <input type="checkbox"/>	Cross-training <input type="checkbox"/> 	2 miles <input type="checkbox"/>		1.5 mile <input type="checkbox"/>	3 miles <input type="checkbox"/>
	1.5 mile <input type="checkbox"/>	Cross-training <input type="checkbox"/> 	2 miles <input type="checkbox"/>		1.5 mile <input type="checkbox"/>	4 miles <input type="checkbox"/>
	2 mile <input type="checkbox"/>	Cross-training <input type="checkbox"/> 	2.5 miles <input type="checkbox"/>		2 mile <input type="checkbox"/>	5 miles <input type="checkbox"/>
	2 mile <input type="checkbox"/>	Cross-training <input type="checkbox"/> 	3 miles <input type="checkbox"/>		2 mile <input type="checkbox"/>	6 miles <input type="checkbox"/>
	2 mile <input type="checkbox"/>	Stretch it out <input type="checkbox"/> 	2 miles <input type="checkbox"/>	1 mile <input type="checkbox"/>		<b>FINISH</b> 

*my goal*