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GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

Each day, for the next 7 days, you'll get a super-easy and fun way to connect with your spouse. At the end of this week, no matter how well you thought you knew your spouse, you'll have a whole new way of looking at the ways in which they love to be loved!

CLICK HERE TO SIGN UP!

the
DATING  **DIVAS**

STRENGTHENING MARRIAGES, ONE DATE AT A TIME





The background consists of a solid orange field with two horizontal bands of white diagonal stripes. The stripes are slanted at approximately 45 degrees and are separated by thin orange lines.

Run BABY *Run*!



COUPLES 5K RUNNING PLAN

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
	<i>rest</i>	<i>1 mile</i>	<i>strength</i>	<i>rest</i>	<i>1 mile</i>	<i>strength</i>	<i>1 mile</i>
WEEK 2							
	<i>rest</i>	<i>1.5 miles</i>	<i>strength</i>	<i>rest</i>	<i>1.5 miles</i>	<i>strength</i>	<i>1.5 miles</i>
WEEK 3							
	<i>rest</i>	<i>2 miles</i>	<i>strength</i>	<i>rest</i>	<i>2 miles</i>	<i>strength</i>	<i>2 miles</i>
WEEK 4							
	<i>rest</i>	<i>2.5 miles</i>	<i>strength</i>	<i>rest</i>	<i>2.5 miles</i>	<i>strength</i>	<i>2.5 miles</i>
WEEK 5							
	<i>rest</i>	<i>3 miles</i>	<i>strength</i>	<i>rest</i>	<i>3 miles</i>	<i>strength</i>	<i>3 miles</i>
WEEK 6							
	<i>rest</i>	<i>3.5 miles</i>	<i>strength</i>	<i>rest</i>	<i>3.5 miles</i>	<i>rest</i>	RACE DAY!

**Note:* The grey bars indicate our suggested training schedule, but we've left space for you to write in your own.