Thanks for downloading! We hope that you LOVE YOUR PRINTABLE!

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GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

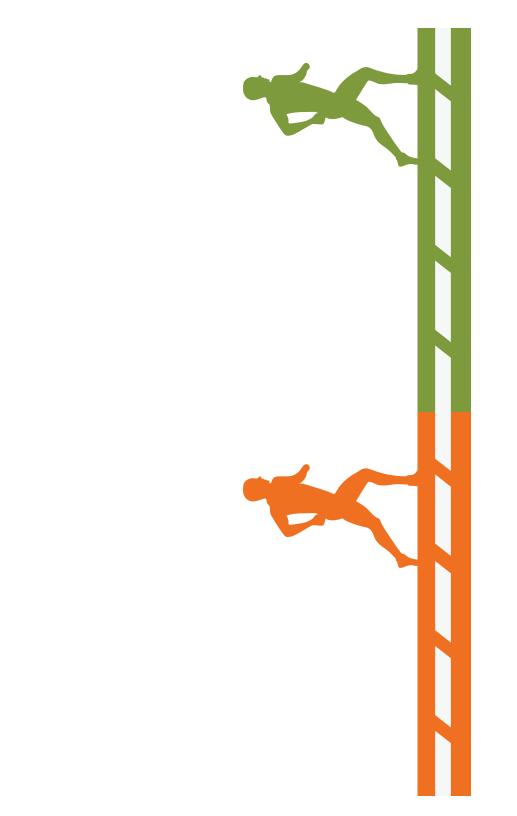
Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

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!













	COUPLES 5K RUNNING PLAN						
~1/1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
	rest	1 mile	strength	rest	1 mile	strength	1 mile
WEEK 2							
	rest	1.5 miles	strength	rest	1.5 miles	strength	1.5 miles
WEEK 3							
	rest	2 miles	strength	rest	2 miles	strength	2 miles
WEEK 4							
	rest	2.5 miles	strength	rest	2.5 miles	strength	2.5 miles
WEEK 5							
	rest	3 miles	strength	rest	3 miles	strength	3 miles
WEEK 6							
* Alata The a	rest	3.5 miles	strength	rest	3.5 miles	rest	DAY!

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