

FLORIDA ATLANTIC HOMECOMING 2026



COUCH TO 5K

WEEK 1 GET MOVING

On-Campus Walk: Led by Lindsay Lehn

The first On-Campus Walk will meet at 12:30 PM at the "I Love FAU" sign near Starbucks off the Breezeway. Please bring water!

Sept. 21 - 27

Goal: Build a routine and get comfortable with run/walk intervals.

- ☐ **Mon 9/21** – 1 min jog / 2 min walk × 8
- ☐ **Tue 9/22** – Campus Run: 90 sec jog / 2 min walk × 7
- ☐ **Wed 9/23** – Campus Walk: 30 min
- ☐ **Fri 9/25** – 1 min jog / 2 min walk × 8

WEEK 2 BUILD ENDURANCE

Sept. 28 - Oct. 4

Goal: Gradually increase your running time.

- ☐ **Mon 9/28** – 2 min jog / 2 min walk × 7
- ☐ **Tue 9/29** – Campus Run: 4 min jog / 2 min walk × 5
- ☐ **Wed 9/30** – Campus Walk: 30 - 40 min
- ☐ **Fri 10/2** – 3 min jog / 2 min walk × 6

WEEK 3 BUILD CONFIDENCE

Oct. 5 - 11

Goal: Increase endurance and spend more time running.

- ☐ **Mon 10/5** – 5 min jog / 2 min walk × 4
- ☐ **Tue 10/6** – Campus Run: 10 min jog / 2 min walk × 2
- ☐ **Wed 10/7** – Campus Walk: 30 - 45 min
- ☐ **Fri 10/9** – 7 min jog / 2 min walk × 3

WEEK 4 5K READY

Oct. 12 - 18

Goal: Build confidence and prepare for race day.

- ☐ **Mon 10/12** – 12 min jog / 2 min walk × 2
- ☐ **Tue 10/13** – Campus Run: 20-25 min
EASY run/walk
- ☐ **Wed 10/14** – Campus Walk: 30-45 min
- ☐ **Fri 10/16** – 15 min jog / 2 min walk / 10 min jog
- ☐ **Sat 10/17** – Practice 5K – 3.1 miles

RACE WEEK

On-Campus Run: Led by Firdaus Dotiwala

The first On-Campus Run will meet at 5:00 PM in the Parking Lot near the FAU Track. Please bring water!

Oct. 19 - 23

- ☐ **Mon 10/19** – 20 min EASY run/walk
- ☐ **Tue 10/20** – Optional Easy Campus Run:
15-20 min EASY run/walk
- ☐ **Wed 10/21** – Optional Easy Campus Walk:
20-30 min
- ☐ **Thu 10/22** – REST
- ☐ **Fri 10/23** – 5K RACE DAY!

Scan the QR code to sign up!

[fau.campuslabs.com/engage/submitter/
form/start/736944](https://fau.campuslabs.com/engage/submitter/form/start/736944)



Reasonable accommodation should be requested of the event sponsor: Student Activities and Involvement at 561-297-3735 and involvement@fau.edu or TTY Relay Station at 1-800-955-8770. Please make your needs known as soon as possible to allow sufficient time for effective accommodations, preferably 5 days before the date of the event.