

# COUCH TO 50K (WORDS)

<https://eykd.net/couch-to-50k/>

WEEK 1	WORDCOUNT	CUMULATIVE		WEEK 6	WORDCOUNT	CUMULATIVE	
Monday	100	100	<input type="checkbox"/>	Monday	1,500	12,600	<input type="checkbox"/>
Tuesday	100	200	<input type="checkbox"/>	Tuesday	1,500	14,100	<input type="checkbox"/>
Wednesday	100	300	<input type="checkbox"/>	Wednesday	1,500	15,600	<input type="checkbox"/>
Thursday	100	400	<input type="checkbox"/>	Thursday	1,500	17,100	<input type="checkbox"/>
Friday	100	500	<input type="checkbox"/>	Friday	1,500	18,600	<input type="checkbox"/>
Saturday	200	700	<input type="checkbox"/>	Saturday	3,000	21,600	<input type="checkbox"/>
Sunday	<i>Rest!</i>			Sunday	<i>Rest!</i>		
WEEK 2				WEEK 7			
Monday	100	800	<input type="checkbox"/>	Monday	1,500	23,100	<input type="checkbox"/>
Tuesday	100	900	<input type="checkbox"/>	Tuesday	1,500	24,600	<input type="checkbox"/>
Wednesday	100	1,000	<input type="checkbox"/>	Wednesday	1,500	26,100	<input type="checkbox"/>
Thursday	100	1,100	<input type="checkbox"/>	Thursday	1,500	27,600	<input type="checkbox"/>
Friday	100	1,200	<input type="checkbox"/>	Friday	1,500	29,100	<input type="checkbox"/>
Saturday	200	1,400	<input type="checkbox"/>	Saturday	3,000	32,100	<input type="checkbox"/>
Sunday	<i>Rest!</i>			Sunday	<i>Rest!</i>		
WEEK 3				WEEK 8			
Monday	200	1,600	<input type="checkbox"/>	Monday	1,500	33,600	<input type="checkbox"/>
Tuesday	200	1,800	<input type="checkbox"/>	Tuesday	1,500	35,100	<input type="checkbox"/>
Wednesday	200	2,000	<input type="checkbox"/>	Wednesday	1,500	36,600	<input type="checkbox"/>
Thursday	200	2,200	<input type="checkbox"/>	Thursday	1,500	38,100	<input type="checkbox"/>
Friday	200	2,400	<input type="checkbox"/>	Friday	1,500	39,600	<input type="checkbox"/>
Saturday	400	2,800	<input type="checkbox"/>	Saturday	3,000	42,600	<input type="checkbox"/>
Sunday	<i>Rest!</i>			Sunday	<i>Rest!</i>		
WEEK 4				WEEK 9			
Monday	400	3,200	<input type="checkbox"/>	Monday	1,500	44,100	<input type="checkbox"/>
Tuesday	400	3,600	<input type="checkbox"/>	Tuesday	1,500	45,600	<input type="checkbox"/>
Wednesday	400	4,000	<input type="checkbox"/>	Wednesday	1,500	47,100	<input type="checkbox"/>
Thursday	400	4,400	<input type="checkbox"/>	Thursday	1,500	48,600	<input type="checkbox"/>
Friday	400	4,800	<input type="checkbox"/>	Friday	1,500	50,100	<input type="checkbox"/>
Saturday	800	5,600	<input type="checkbox"/>	Saturday	3,000	53,100	<input type="checkbox"/>
Sunday	<i>Rest!</i>			Sunday	<i>Rest!</i>		
WEEK 5							
Monday	800	6,400	<input type="checkbox"/>	1. <i>Warm up:</i> free-write for at least two minutes but no longer than ten.			
Tuesday	800	7,200	<input type="checkbox"/>	2. <i>Plan ahead:</i> Writing will come easier if you have at least a rough plan for each session. ( <i>Planning counts toward your daily targets!</i> )			
Wednesday	800	8,000	<input type="checkbox"/>	3. <i>Just write:</i> don't edit, just add words to the page.			
Thursday	800	8,800	<input type="checkbox"/>	4. <i>Get support:</i> join the mailing list.			
Friday	800	9,600	<input type="checkbox"/>	Visit <a href="https://couchto50k.club/join/">https://couchto50k.club/join/</a>			
Saturday	1,500	11,100	<input type="checkbox"/>				
Sunday	<i>Rest!</i>						