

# Couch to 5K Plan –

Please Note: It is important to have a rest day between runs.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Day 1</b>	5 min warm up	5 min warm up	5 min warm up	5 min warm up	5 min warm up	5 min warm up	5 min warm up	5 min warm up	5 min warm up	5 min warm up
	Run <b>1 min</b> Walk <b>90 sec</b> X8	Walk <b>2 min</b> Run <b>90 sec</b> X5	Run <b>90 sec</b> Walk <b>90 sec</b> Run <b>3 min</b> Walk <b>3 min</b> Run <b>90 sec</b> Walk <b>90 sec</b> Run <b>3 min</b> Walk <b>3 min</b>	Run <b>3 min</b> Walk <b>90 sec</b> Run <b>5 min</b> Walk <b>2 ½ min</b> Run <b>5 mins</b>	Run <b>5 min</b> Walk <b>3 min</b> Run <b>5 min</b> Walk <b>3 min</b> Run <b>5 min</b>	Run <b>5 min</b> Walk <b>3 min</b> Run <b>8 min</b> Walk <b>3 min</b> Run <b>5 min</b>	Run <b>25 min</b>	Run <b>28 min</b>	Run <b>30 min</b>	Run <b>30 min</b>
	cool down & stretch	cool down & stretch	cool down & stretch	cool down & stretch	cool down & stretch	cool down & stretch	cool down & stretch	cool down & stretch	cool down & stretch	cool down & stretch
<b>Day 2</b>	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One	5 min warm up	5 min warm up	Repeat Day One	Repeat Day One	Repeat Day One	5K Graduation Run
					Run <b>8 min</b> Walk <b>5 min</b> Run <b>8 min</b>	Run <b>10 min</b> Walk <b>3 min</b> Run <b>10 min</b>				
					cool down & stretch	cool down & stretch				
<b>Day 3</b>	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One	5 min brisk walk to warm up	5 min brisk walk to warm up	Repeat Day One	Repeat Day One	Repeat Day One	5K Just for FUN. Park Run?
					Run <b>20 min</b>	Run <b>25 min</b>				
					cool down & stretch	cool down & stretch				