



Couch to 5k

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 1 minute, walk for 1 minute. Repeat 10 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 1.5 minutes, walk for 3 minutes. Repeat 5 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 2 minutes, walk for 4 minutes. Repeat 4 times.	Rest	Rest
2	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 3 minutes, walk for 3 minutes. Repeat 4 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 3 minutes, walk for 3 minutes. Repeat 4 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 4 minutes, walk for 4 minutes. Repeat 3 times.	Rest	Rest
3	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 4 minutes, walk for 4 minutes. Repeat 3 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 5 minutes, walk for 4 minutes. Repeat 3 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 7 minutes, walk for 3 minutes. Repeat 3 times.	Rest	Rest
4	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 8 minutes, walk for 2 minutes. Repeat 3 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 8 minutes, walk for 2 minutes. Repeat 3 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 9 minutes, walk for 1 minutes. Repeat 3 times.	Rest	Rest
5	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 9 minutes, walk for 1 minutes. Repeat 3 times.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 12 minutes, walk for 3 minutes. Repeat twice.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 12 minutes, walk for 3 minutes. Repeat twice.	Rest	Rest
6	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 15 minutes, walk for 1 minute. Repeat twice.	Rest	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Then run for 15 minutes, walk for 1 minute. Repeat twice.	Rest	Brisk 5-10 minute walk to warm-up. Stretch. Run 5K without stopping.	Rest - you deserve it!