



# Couch to 5K Training Plan

Week	Workout 1	Workout 2	Workout 3
1	5 min warm up Alternate: • jog 30 secs • walk 60 secs total of 20 mins.	5 min warm up Alternate: • jog 30 secs • walk 60 secs total of 20 mins.	5 min warm up Alternate: • jog 30 secs • walk 60 secs total of 20 mins.
2	5 min warm up Alternate: • Jog 60 secs • Walk 90 secs Total of 20 mins.	5 min warm up Alternate: • Jog 60 secs • Walk 90 secs Total of 20 mins.	5 min warm up Alternate: • Jog 60 secs • Walk 90 secs Total of 20 mins.
3	5 min warm up then • Jog 90 secs • Walk 90 secs Total 20 mins.	5 min warm up then • Jog 90 secs • Walk 90 secs Total 20 mins.	5 min warm up then • Jog 90 secs • Walk 90 secs Total 20 mins.
4	5 min warm up • Jog 3 mins • Walk 90 secs Total 20 mins.	5 min warm up • Jog 3 mins • Walk 90 secs Total 20 mins.	5 min warm up • Jog 3 mins • Walk 90 secs Total 20 mins.
5	5 min warm up then • Jog 3 mins • Walk 2 mins • Jog 5 mins • Walk 2 mins • Jog 3 mins • Walk 2 mins	5 min warm up then • Jog 3 mins • Walk 2 mins • Jog 5 mins • Walk 2 mins • Jog 3 mins • Walk 2 mins	5 min warm up then • Jog 3 mins • Walk 2 mins • Jog 5 mins • Walk 2 mins • Jog 3 mins • Walk 2 mins
6	5 min warm up then • Jog 5 mins • Walk 3 min • Jog 5 mins • Walk 3 mins • Jog 5 mins	5 min warm up then • Jog 5 mins • Walk 3 min • Jog 5 mins • Walk 3 mins • Jog 5 mins	5 min warm up then • Jog 5 mins • Walk 3 min • Jog 5 mins • Walk 3 mins • Jog 5 mins
7	5 min warm up then • Jog 8 mins • Walk 3 • Jog 10 mins	5 min warm up then • Jog 8 mins • Walk 3 • Jog 10 mins	5 min warm up then • Jog 8 mins • Walk 3 • Jog 10 mins
8	5 min warm up • Jog 10 mins • Walk 5 • Jog 10 mins	5 min warm up • Jog 10 mins • Walk 5 • Jog 10 mins	5 min warm up Jog 15 mins– no walking
9	5 min warm up then Jog 20 mins	5 min warm up then Jog 20 mins	5 min warm up then Jog 25 mins
10	5 min warm up then Jog 30 mins	5 min warm up then Jog 30 mins	Race Day! Jog 3.1 miles