



Couch to 5K Training Plan

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog 5 min walk	REST	5 min walk 2 min jog 5 min walk	REST	5 min walk 3 min jog 5 min walk	REST	REST
2	5 min walk 3 min jog 5 min walk	REST	5 min walk 4 min jog 5 min walk	REST	5 min walk 5 min jog 5 min walk	REST	REST
3	5 min walk 6 min jog 5 min walk	REST	4 min jog 5 min walk 3 min jog 5 min walk	REST	5 min walk 7 min jog 5 min walk	REST	REST
4	5 min walk 7 min jog 5 min walk	REST	5 min walk 8 min jog 5 min walk	REST	5 min walk 9 min jog 5 min walk	REST	REST
5	5 min walk 9 min jog 5 min walk	REST	6 min jog 5 min walk 6 min jog 5 min walk	REST	5 min walk 10 min jog 5 min walk	REST	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	REST	13 min jog 5 min walk	REST	15 min jog 5 min walk	REST	REST
7	15 min jog 5 min walk	REST	8 min jog 5 min walk 8 min jog 5 min walk	REST	16 min jog 5 min walk	REST	17 min jog 5 min walk
8	17 min jog 5 min walk	REST	18 min jog 5 min walk	REST	20 min jog 5 min walk	REST	REST
9	20 min jog	REST	12 min jog 5 min walk 12 min jog	REST	24 min jog	REST	25 min jog
10	25 min jog	REST	27 min jog	REST	30 min jog	REST	RACE DAY!