

Couch to 5k training plan



Week	Run 1	Run 2	Run 3
1	1 MIN RUN, 1 MIN WALK x10	1 MIN RUN, 1 MIN WALK x10	1 MIN RUN, 1 MIN WALK x10
2	90 SEC RUN, 90 SEC WALK x7	90 SEC RUN, 90 SEC WALK x7	90 SEC RUN, 90 SEC WALK x7
3	2 MIN RUN, 2 MIN WALK x6	2 MIN RUN, 2 MIN WALK x6	2 MIN RUN, 2 MIN WALK x6
4	3 MIN RUN, 2 MIN WALK x5	3 MIN RUN, 2 MIN WALK x5	4 MIN RUN, 3 MIN WALK x4
5	5 MIN RUN, 3 MIN WALK 5 MIN RUN, 3 MIN WALK 5 MIN RUN	5 MIN RUN, 3 MIN WALK 5 MIN RUN, 3 MIN WALK 5 MIN RUN	5 MIN RUN, 3 MIN WALK 5 MIN RUN, 3 MIN WALK 7 MIN RUN
6	8 MIN RUN, 3 MIN WALK 8 MIN RUN	8 MIN RUN, 3 MIN WALK 8 MIN RUN	8 MIN RUN, 3 MIN WALK 8 MIN RUN
7	10 MIN RUN, 3 MIN WALK 10 MIN RUN	10 MIN RUN, 3 MIN WALK 10 MIN RUN	10 MIN RUN, 3 MIN WALK 10 MIN RUN
8	20 MIN RUN	20 MIN RUN	20 MIN RUN
9	25 MIN RUN	25 MIN RUN	25 MIN RUN
10	30 MIN RUN	30 MIN RUN	5k RUN