

Couch to 5k Training Plan

Week	Workout 1	Workout 2	Workout 3
1	Brisk five minute warm-up walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> 60 seconds of jogging 90 seconds of walking 	Brisk five minute warm-up walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> 60 seconds of jogging 90 seconds of walking 	Brisk five minute warm-up walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> 60 seconds of jogging 90 seconds of walking
2	Brisk five minute warm-up walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 2 minutes of walking 	Brisk five minute warm-up walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 2 minutes of walking 	Brisk five minute warm-up walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 2 minutes of walking
3	Brisk five minute warm-up walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking 	Brisk five minute warm-up walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking 	Brisk five minute warm-up walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking
4	Brisk five minute warm-up walk, then do: <ul style="list-style-type: none"> 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 ½ minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 	Brisk five minute warm-up walk, then do: <ul style="list-style-type: none"> 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 ½ minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 	Brisk five minute warm-up walk, then do: <ul style="list-style-type: none"> 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 ½ minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging
5	Brisk five minute warm-up walk, then do: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 	Brisk five minute warm-up walk, then do: <ul style="list-style-type: none"> 8 minutes of jogging 5 minutes of walking 8 minutes of jogging 	Brisk five minute warm-up walk, then do 20 minutes of jogging with no walking.
6	Brisk five minute warm-up walk, then do: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 8 minutes of jogging 3 minutes of walking 5 minutes of jogging 	Brisk five minute warm-up walk, then do: <ul style="list-style-type: none"> 10 minutes of jogging 3 minutes of walking 10 minutes of jogging 	Brisk five minute warm-up walk, then do 25 minutes of jogging with no walking.
7	Brisk five minute warm-up walk, then do 25 minutes of jogging.	Brisk five minute warm-up walk, then do 25 minutes of jogging.	Brisk five minute warm-up walk, then do 25 minutes of jogging.
8	Brisk five minute warm-up walk, then do 28 minutes of jogging.	Brisk five minute warm-up walk, then do 28 minutes of jogging.	The final workout. Congrats! 5k run