Couch to 5k Training Plan

Week	Workout 1	Workout 2	Workout 3
1	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,
	then do eight (8) repetitions of	then do eight (8) repetitions of	then do eight (8) repetitions of
	the following:	the following:	the following:
	 60 seconds of jogging 	 60 seconds of jogging 	 60 seconds of jogging
	 90 seconds of walking 	 90 seconds of walking 	 90 seconds of walking
2	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,
	then do six (6) repetitions of the	then do six (6) repetitions of the	then do six (6) repetitions of the
	following:	following:	following:
	 90 seconds of jogging 	 90 seconds of jogging 	 90 seconds of jogging
	 2 minutes of walking 	 2 minutes of walking 	 2 minutes of walking
3	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,
	then do two (2) repetitions of	then do two (2) repetitions of	then do two (2) repetitions of
	the following:	the following:	the following:
	90 seconds of jogging	90 seconds of jogging	90 seconds of jogging
	90 seconds of walking	90 seconds of walking	90 seconds of walking
	3 minutes of jogging	3 minutes of jogging	3 minutes of jogging
	3 minutes of walking	3 minutes of walking	3 minutes of walking
4	Brisk five minute warm-up walk, then do:	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,
		then do:	then do:
	3 minutes of jogging 00 seconds of walking	3 minutes of jogging 00 seconds of walking	3 minutes of jogging 00 seconds of walking
	90 seconds of walking minutes of logging	90 seconds of walking F minutes of logging	90 seconds of walking F minutes of logging
	5 minutes of jogging2 ½ minutes of walking	5 minutes of jogging2 ½ minutes of walking	5 minutes of jogging 3 1/ minutes of walking
	2 ½ minutes of walking3 minutes of jogging	2 ½ minutes of walking3 minutes of jogging	2 ½ minutes of walking3 minutes of jogging
	90 seconds of walking	90 seconds of walking	90 seconds of walking
	 5 minutes of jogging 	5 minutes of jogging	5 minutes of jogging
5	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,
3	then do:	then do:	then do 20 minutes of jogging
	• 5 minutes of jogging	8 minutes of jogging	with no walking.
	3 minutes of walking	• 5 minutes of walking	
	5 minutes of jogging	8 minutes of jogging	
	3 minutes of walking		
	 5 minutes of jogging 		
6	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,
	then do:	then do:	then do 25 minutes of jogging
	 5 minutes of jogging 	 10 minutes of jogging 	with no walking.
	 3 minutes of walking 	 3 minutes of walking 	
	 8 minutes of jogging 	 10 minutes of jogging 	
	 3 minutes of walking 		
	 5 minutes of jogging 		
7	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,
	then do 25 minutes of jogging.	then do 25 minutes of jogging.	then do 25 minutes of jogging.
8	Brisk five minute warm-up walk,	Brisk five minute warm-up walk,	The final workout. Congrats!
	then do 28 minutes of jogging.	then do 28 minutes of jogging.	5k run