

Couch to 5k Running Plan

Week	Workout 1	Workout 2	Workout 3
1	Brisk five minute warmup 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 warmup 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 warmup 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 warmup 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 warmup 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 warmup 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 warmup 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 warmup 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 warmup 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 warmup walk, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 1/2 minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging 	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 1/2 minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging 	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 1/2 minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging
5	Brisk five minute warmup 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 warmup walk, then do: <ul style="list-style-type: none"> • 8 minutes of jogging • 5 minutes of walking • 8 minutes of jogging 	Brisk five minute warmup walk, then do 20 minutes of jogging with no walking.
6	Brisk five minute warmup 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 warmup walk, then do: <ul style="list-style-type: none"> • 10 minutes of jogging • 3 minutes of walking • 10 minutes of jogging 	Brisk five minute warmup walk, then do 25 minutes of jogging with no walking.
7	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.
8	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.
9	Brisk five minute warmup walk, then do 30 minutes of jogging.	Brisk five minute warmup walk, then do 30 minutes of jogging.	The final workout. Congrats! Brisk five minute warmup walk, then do 30 minutes of jogging.