

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. |