**Couch to 5K Plan –**

**Please Note: It is important to have a rest day between runs.**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** | **Week 7** | **Week 8** | **Week 9** | **Week 10** |
| **Day 1** | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk** walk | 5 min **brisk**  walk |
| Run **1 min**  Walk **90 sec**  Run **1 min**  Walk **90 sec**  Run **1 min**  Walk **90 sec**  Run **1 min**  Walk **90 sec**  Run **1 min**  Walk **90 sec**  Run **1 min**  Walk **90 sec**  Run **1 min**  Walk **90 sec**  Run **1 min** | Walk **2 min**  Run **90 sec**  Walk **2 min**  Run **90 sec**  Walk **2 min**  Run **90 sec**  Walk **2 min**  Run **90 sec**  Walk **2 min**  Run **90 sec** | Run **90 sec**  Walk **90 sec**  Run **3 min**  Walk **3 min**  Run **90 sec**  Walk **90 sec**  Run **3 min**  Walk **3 min** | Run **3 min**  Walk **90 sec**  Run **5 min**  Walk **2 ½ min**  Run **5 mins** | Run **5 min**  Walk **3 min**  Run **5 min**  Walk **3 min**  Run **5 min** | Run **5 min**  Walk **3 min**  Run **8 min**  Walk **3 min**  Run **5 min** | Run **15 min** | Run **20 min** | Run **25 min** | Run **30 min** |
| Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down | Walk 5 min  to cool down |
| **Day 2** | Repeat  Day One | Repeat  Day One | Repeat  Day One | Repeat  Day One | 5 min **brisk** walk | 5 min **brisk** walk | Repeat  Day One | Repeat  Day One | Repeat  Day One | Repeat  Day One |
| Run 8 min  Walk 5 min  Run 8 min | Run 10 min  Walk 3 min  Run 10 min |
| Walk 5 min  to cool down | Walk 5 min  to cool down |
| **Day 3** | Repeat  Day One | Repeat  Day One | Repeat  Day One | Repeat  Day One | 5 min **brisk** walk | 5 min **brisk** walk | Repeat  Day One | Repeat  Day One | Repeat  Day One | Repeat  Day One |
| Run **10 min** | Run **15 min** |
| Walk 5 min  to cool down | Walk 5 min  to cool down |