

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
Day 1	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up
	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 90 sec Run 1 min Walk 90 sec Run 1 min Walk 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 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 25 min	Run 28 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
Day 2	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One	5 min brisk walk to warm up	5 min brisk walk to warm up	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 to warm up	5 min brisk walk to warm up	Repeat Day One	Repeat Day One	Repeat Day One
					Run 20 min	Run 25 min			
					Walk 5 min to cool down	Walk 5 min to cool down			

Speak to your Healthcare provider / GP if you're worried about your health, before starting an exercise plan like Couch to 5K