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	5 min brisk walk	5 min brisk walk	5 min brisk walk	5min brisk walk	5 min brisk walk	5 min brisk walk	5 min brisk walk	5 min brisk walk
ľ	to warm up	to warm up	to warm up	to warm up	to warm up	to warm up	to warm up	to warm up	to warm up
	Run 1 min								
	Walk 90 sec	Walk 2 min	Run 90 sec	Run 3 min	Run 5 min	Run 5 min	Run 25 min	Run 28 min	Run 30 min
	Run 1 min	Run 90 sec	Walk 90 sec	Walk 90 sec	Walk 3 min	Walk 3 min			
	Walk 90 sec	Walk 2 min	Run 3 min	Run 5 min	Run 5 min	Run 8 min			
	Run 1 min	Run 90 sec	Walk 3 min	Walk 2 ½ min	Walk 3 min	Walk 3 min			
	Walk 90 sec	Walk 2 min	Run 90 sec	Run 5 mins	Run 5 min	Run 5 min			
	Run 1 min	Run 90 sec	Walk 90 sec						
	Walk 90 sec	Walk 2 min	Run 3 min						
	Run 1 min	Run 90 sec	Walk 3 min						
	Walk 90 sec	Walk 2 min							
	Run 1 min	Run 90 sec							
	Walk 90 sec								
	Run 1 min								
	Walk 90 sec								
	Run 1 min	Malla E anda	NA/-II. E	Malle E serie	Malle E anda	Malle E anda	Malle E sector	MAZIL E	Malle E anda
	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min
_	to cool down	to cool down	to cool down	to cool down	to cool down	to cool down	to cool down	to cool down	to cool down
Day 2					5 min brisk walk	5 min brisk walk			
	Repeat	Repeat	Repeat	Repeat	to warm up	to warm up	Repeat	Repeat	Repeat
	Day One	Day One	Day One	Day One	Run 8 min	Run 10 min	Day One	Day One	Day One
			,	,	Walk 5 min	Walk 3 min	,	,	,
					Run 8 min	Run 10 min			
					Walk 5 min	Walk 5 min			
					to cool down	to cool down			
Day 3					5 min brisk walk	5 min brisk walk			
	Repeat	Repeat	Repeat	Repeat	to warm up	to warm up	Repeat	Repeat	Repeat
	Day One	Day One	Day One	Day One	Pup 20 min	Dun 25 min	Day One	Day One	Day One
					Run 20 min	Run 25 min			
					Walk 5 min	Walk 5 min			
					to cool down	to cool down			

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