



## COUCH to 5K – Elliptical Plan

*Please consult a physician before starting any exercise routine.*

### Week 1:

Day 1: \*1/1 x 10  
Day 2: 1/1 x 10  
Day 3: 1/1 x 10  
Day 4: 30 minutes cross training

### Week 2:

Day 1: 1/1 x 11  
Day 2: 1/1 x 11  
Day 3: 1/1 x 11  
Day 4: 30 minutes cross training

### Week 3:

Day 1: 1/1 x 12  
Day 2: 1/1 x 12  
Day 3: 1/1 x 12  
Day 4: 35 minutes cross training

### Week 4:

Day 1: 2/1 x 7  
Day 2: 2/1 x 7  
Day 3: 2/1 x 8  
Day 4: 35 minutes cross training

### Week 5:

Day 1: 2/1 x 8  
Day 2: 3/1 x 6  
Day 3: 15 minutes  
Day 4: 35 minutes cross training

### Week 6:

Day 1: 3/1 x 6  
Day 2: 3/1 x 6  
Day 3: 20 minutes  
Day 4: 40 minutes cross training

### Week 7:

Day 1: 3/1 x 7  
Day 2: 3/1 x 7  
Day 3: 24 minutes  
Day 4: 40 minutes cross training

### Week 8:

Day 1: 3/1 x 8  
Day 2: 3/1 x 8  
Day 3: 27 minutes  
Day 4: 45 minutes cross training

### Week 9:

Day 1: 3/1 x 8  
Day 2: 3/1 x 8  
Day 3: 30 minutes  
Day 4: 45 minutes cross training

### Week 10:

Day 1: 3/1 x 8  
Day 2: 3/1 x 8  
Day 3: 30 minutes  
Day 4: 45 minutes cross training

### Definitions:

- \*1/1 x 10 = 1 minute run/1 minute walk x 10 (for a total of 20 minutes)
- "Walking" intervals – a pace that is comfortable and you can talk easily - a perceived exertion of about a 5 (on a scale of 1-10)
- "Running" intervals – a pace where you are breathing deeply, but can still speak short sentences - maybe 70% of your max heart rate or about a 7 perceived exertion (on a scale of 1-10)
- Cross training – any physical activity other than on an elliptical (bike, walk, run, swim, strength training, etc.)



WFHT.TN@tn.gov



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