



COUCH to 5K – Running 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: Run 15 minutes
Day 4: 35 minutes cross training

Week 6:

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

Week 7:

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

Week 8:

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

Week 9:

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

Week 10:

Your 5K is this week! You're going to take it a little easier this week, so that you're well-rested for your big race. Good luck!

Day 1: 2/1 x 10
Day 2: 3/1 x 5

Definitions:

- *1/1 = 1 minute walk/1 minute run
- *Cross training is any type of physical activity other than running (bike, walk, elliptical, swim, strength training, etc.)



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