



COUCH to 5K – Walking Plan

Please consult a physician before starting any exercise routine.

Week 1

Day 1: Walk 20 minutes
Day 2: Walk 20 minutes
Day 3: Strength Training
Day 4: Walk 20 minutes

Week 2

Day 1: Walk 25 minutes
Day 2: Walk 25 minutes
Day 3: Strength Training
Day 4: Walk 25 minutes

Week 3

Day 1: Walk 30 minutes
Day 2: Walk 30 minutes
Day 3: Strength Training
Day 4: Walk 30 minutes

Week 4

Day 1: Walk 35 minutes
Day 2: Walk 35 minutes
Day 3: Strength Training
Day 4: Walk 35 minutes

Week 5

Day 1: Walk 40 minutes
Day 2: Walk 40 minutes
Day 3: Strength Training
Day 4: Walk 40 minutes

Week 6

Day 1: Walk 45 minutes
Day 2: Walk 45 minutes
Day 3: Strength Training
Day 4: Walk 45 minutes

Week 7

Day 1: Walk 50 minutes
Day 2: Walk 50 minutes
Day 3: Strength Training
Day 4: Walk 50 minutes

Week 8

Day 1: Walk 55 minutes
Day 2: Walk 55 minutes
Day 3: Strength Training
Day 4: Walk 55 minutes

Week 9

Day 1: Walk 60 minutes
Day 2: Walk 60 minutes
Day 3: Strength Training
Day 4: Walk 60 minutes

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: Walk 30 minutes
Day 2: Walk 30 minutes



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