

Couch to 5K

Based on the Couch to 5K running plan from:

http://www.coolrunning.com/engine/2/2_3/181.shtml

Couch to 5K Tips

Before every session, have a five minute warm up (a brisk walk or jog is fine).

Give yourself a chance to rest between runs.

Give yourself a chance to rest between runs.

Repeat weeks if needed - it's not a race!

Couch to 5k: Week 1

Run 1 8 × 60 second run, 90 second walk

Run 2 8 × 60 second run, 90 second walk

Run 3 8 × 60 second run, 90 second walk

Couch to 5k: Week 2

Run 1 6 × 90 second run, 120 second walk

Run 2 6 × 90 second run, 120 second walk

Run 3 6 × 90 second run, 120 second walk

Couch to 5k: Week 3

Run 1 2 × 90 second run (or 200 yards), 90 second walk (or 200 yards), 3 minute run (or 400 yards), 3 minute walk (or 400 yards)

Run 2 2 × 90 second run (or 200 yards), 90 second walk (or 200 yards), 3 minute run (or 400 yards), 3 minute walk (or 400 yards)

Run 3 2 × 90 second run (or 200 yards), 90 second walk (or 200 yards), 3 minute run (or 400 yards), 3 minute walk (or 400 yards)

Couch to 5k: Week 4

Run 1 3 minute run (or ¼ mile), 90 second walk (or ⅛ mile), 5 minute run (or ½ mile), 2.5 minute walk (or ¼ mile), 3 minute run (or ¼ mile), 90 second walk (or ⅛ mile), 5 minute run (or ½ mile)

Run 2 3 minute run (or ¼ mile), 90 second walk (or ⅛ mile), 5 minute run (or ½ mile), 2.5 minute walk (or ¼ mile), 3 minute run (or ¼ mile), 90 second walk (or ⅛ mile), 5 minute run (or ½ mile)

Run 3 3 minute run (or ¼ mile), 90 second walk (or ⅛ mile), 5 minute run (or ½ mile), 2.5 minute walk (or ¼ mile), 3 minute run (or ¼ mile), 90 second walk (or ⅛ mile), 5 minute run (or ½ mile)

Couch to 5k: Week 5

Run 1 5 minute run (or ½ mile), 3 minute walk (or ¼ mile), 5 minute run (or ½ mile), 3 minute walk (or ¼ mile), 5 minute run (or ½ mile)

Run 2 8 minute run (or ¾ mile), 5 minute walk (or ½ mile), 8 minute run (or ¾ mile)

Run 3 20 minute run (or 2 miles)

Couch to 5k: Week 6

Run 1 5 minute run (or ½ mile), 3 minute walk (or ¼ mile), 8 minute run (or ¾ mile), 3 minute walk (or ¼ mile), 5 minute run (or ½ mile)

Run 2 10 minute run (or 1 mile), 3 minute walk (or ¼ mile), 10 minute run (or 1 mile)

Run 3 22 minute run (or 2¼ miles)

Couch to 5k: Week 7

Run 1 25 minute run (or 2½ miles)

Run 2 25 minute run (or 2½ miles)

Run 3 25 minute run (or 2½ miles)

Couch to 5k: Week 8

Run 1 28 minute run (or 2¾ miles)

Run 2 28 minute run (or 2¾ miles)

Run 3 28 minute run (or 2¾ miles)

Couch to 5k: Week 9

Run 1 30 minute run (or 3 miles)

Run 2 30 minute run (or 3 miles)

Run 3 30 minute run (or 3 miles)

Bridge to 10k: Week 1

Run 1 4 × 10 minute run, 1 minute walk

Run 2 4 × 10 minute run, 1 minute walk

Run 3 4 × 10 minute run, 1 minute walk

Bridge to 10k: Week 2

Run 1 3 × 15 minute run, 1 minute walk

Run 2 3 × 15 minute run, 1 minute walk

Run 3 3 × 15 minute run, 1 minute walk

Bridge to 10k: Week 3

Run 1 3 × 17 minute run, 1 minute walk

Run 2 3 × 17 minute run, 1 minute walk

Run 3 3 × 17 minute run, 1 minute walk

Bridge to 10k: Week 4

Run 1 3 × 18 minute run, 1 minute walk

Run 2 3 × 18 minute run, 1 minute walk

Run 3 3 × 18 minute run, 1 minute walk

Bridge to 10k: Week 5

Run 1 2 × 22 minute run, 1 minute walk

Run 2 2 × 25 minute run, 1 minute walk

Run 3 2 × 30 minute run, 1 minute walk



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Bridge to 10k: Week 6

Run 1	60 minute run
Run 2	60 minute run
Run 3	60 minute run (well done!)



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