

Couch to 5K Running Plan

EVERY workout starts with “brisk 5-minute warm-up walk” (which I skipped once I got going in the plan and just started with a slow jog). I deleted it from the chart below to get it to fit on one page.

| Week | Workout 1 | Workout 2 | Workout 3 |
|------|--|--|--|
| 1 | Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. |
| 2 | Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. |
| 3 | Then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 sec) • Walk 200 yards (or 90 sec) • Jog 400 yards (or 3 min) • Walk 400 yards (or 3 min) | Then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 sec) • Walk 200 yds (or 90 sec) • Jog 400 yards (or 3min) • Walk 400 yards (or 3min) | Then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 sec) • Walk 200 yds (or 90 sec) • Jog 400 yards (or 3 min) • Walk 400 yards (or 3min) |
| 4 | <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 2.5 min) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 minutes) | <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 2.5 min) • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) | <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 2.5 min) • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) |
| 5 | <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 min) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 min) • Jog 1/2 mile (or 5 minutes) | <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 min) • Walk 1/2 mile (or 5 min) • Jog 3/4 mile (or 8 min) | Jog two miles (or 20 minutes) with no walking. |
| 6 | <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 min) • Jog 3/4 mile (or 8 min) • Walk 1/4 mile (or 3 min) • Jog 1/2 mile (or 5 minutes) | <ul style="list-style-type: none"> • Jog 1 mile (or 10 min) • Walk 1/4 mile (or 3 min) • Jog 1 mile (or 10 min) | Jog 2-1/4 miles (or 22 minutes) with no walking. |
| 7 | Jog 2.5 miles (or 25 minutes). | Jog 2.5 miles (or 25 minutes). | Jog 2.5 miles (or 25 minutes). |
| 8 | Jog 2.75 miles (or 28 minutes). | Jog 2.75 miles (or 28 minutes). | Jog 2.75 miles (or 28 minutes). |
| 9 | Jog 3 miles (or 30 minutes). | Jog 3 miles (or 30 minutes). | The final workout! Congratulations! Jog 3 miles (or 30 minutes). |

To read more about Couch to 5K, go to <http://www.coolrunning.com>. There is a lot of good running information there!