

# COUCH TO 5K PROGRAM

This is a 10-week program. All of your runs must be done at a pace that you could hold a conversation.

WEEK	DETAILS	MON	TUE	WED	THU	FRI	SAT	SUN
1	Walk 1 min, Run 5 min, x 4 sets, plus 1 min walk	25min	OFF	25min	OFF	25min	OFF	25min
2	Walk 1 min, Run 7 min, x 3 sets, plus 1 min walk	OFF	OFF	25min	OFF	25min	OFF	25min
3	Walk 1 min, Run 10 min, x 2 sets, plus 1 min walk	OFF	OFF	23min	OFF	23min	OFF	23min
4	Walk 1 min, Run 10 min, x 2 sets, plus 1 min walk	OFF	OFF	23min	OFF	23min	OFF	23min
5	Walk 1 min, Run 10 min, x 2 sets, plus 1 min walk, run 2 min, walk 1 min	OFF	OFF	26min	OFF	26min	OFF	26min
6	Walk 1 min, Run 10 min, x 2 sets, plus 1 min walk, run 4 min, walk 1 min	OFF	OFF	28min	OFF	28min	OFF	28min
7	Walk 1 min, Run 10 min, x 2 sets, plus 1 min walk, run 5 min, walk 1 min	OFF	OFF	29min	OFF	29min	OFF	29min
8	Walk 1 min, Run 10 min, x 2 sets, plus 1 min walk, run 6 min, walk 1 min	OFF	OFF	30min	OFF	30min	OFF	30min
9	Walk 1 min, Run 10 min, x 2 sets, plus 1 min walk, run 8 min, walk 1 min	OFF	OFF	32min	OFF	32min	OFF	32min
10	Walk 1 min, Run 10 min, x 3 sets, plus 1 min walk	OFF	34min	OFF	34min	OFF	Saturday: Race Day - Walk 1 min, Run 10 min.	