**Couch to 5K Training Plan**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| 1 | 5 min walk2 min jog5 min walk | Off | 5 min walk2 min jog5 min walk | Off | 5 min walk3 min jog5 min walk | Off | Off |
| 2 | 5 min walk3 min jog5 min walk  | Off | 5 min walk4 min jog5 min walk | Off | 5 min walk5 min jog5 min walk | Off | Off |
| 3 | 5 min walk6 min jog5 min walk  | Off | 4 min jog5 min walk4 min jog5 min walk | Off | 5 min walk7 min jog5 min walk | Off | Off |
| 4 | 5 min walk7 min jog5 min walk | Off | 5 min walk8 min jog5 min walk | Off | 5 min walk9 min jog5 min walk | Off | Off |
| 5 | 5 min walk9 min jog5 min walk | Off | 6 min jog5 min walk6 min jog5 min walk | Off | 5 min walk10 min jog5 min walk | Off | 5 min walk11 min jog5 min walk |
| 6 | 5 min walk11 min jog5 min walk | Off | 13 min jog5 min walk | Off | 15 min jog5 min walk | Off | Off |
| 7 | 15 min jog5 min walk | Off | 8 min jog5 min walk8 min jog5 min walk | Off | 16 min jog5 min walk | Off | 17 min jog5 min walk |
| 8 | 17 min jog5 min walk | Off | 18 min jog5 min walk | Off | 20 min jog5 min walk | Off | Off |
| 9 | 20 min jog | Off | 12 min jog5 min walk12 min jog | Off | 24 min jog | Off | 25 min jog |
| 10 | 25 min jog | Off | 27 min jog | Off | 30 min jog | Off | Race Day |