**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 walk  2 min jog  5 min walk | Off | 5 min walk  2 min jog  5 min walk | Off | 5 min walk  3 min jog  5 min walk | Off | Off |
| 2 | 5 min walk  3 min jog  5 min walk | Off | 5 min walk  4 min jog  5 min walk | Off | 5 min walk  5 min jog  5 min walk | Off | Off |
| 3 | 5 min walk  6 min jog  5 min walk | Off | 4 min jog  5 min walk  4 min jog  5 min walk | Off | 5 min walk  7 min jog  5 min walk | Off | Off |
| 4 | 5 min walk  7 min jog  5 min walk | Off | 5 min walk  8 min jog  5 min walk | Off | 5 min walk  9 min jog  5 min walk | Off | Off |
| 5 | 5 min walk  9 min jog  5 min walk | Off | 6 min jog  5 min walk  6 min jog  5 min walk | Off | 5 min walk  10 min jog  5 min walk | Off | 5 min walk  11 min jog  5 min walk |
| 6 | 5 min walk  11 min jog  5 min walk | Off | 13 min jog  5 min walk | Off | 15 min jog  5 min walk | Off | Off |
| 7 | 15 min jog  5 min walk | Off | 8 min jog  5 min walk  8 min jog  5 min walk | Off | 16 min jog  5 min walk | Off | 17 min jog  5 min walk |
| 8 | 17 min jog  5 min walk | Off | 18 min jog  5 min walk | Off | 20 min jog  5 min walk | Off | Off |
| 9 | 20 min jog | Off | 12 min jog  5 min walk  12 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 |