

## Couch to 5k Program

Week	Workout 1	Workout 2	Workout 3
<b>1</b>	five minute walk . Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Same.	Same
<b>2</b>	Five minute walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Same	Same
<b>3</b>	Five minute walk:  Then jog 9 seconds walk 90 seconds. Jog 3 minutes walk 3 minutes  Repeat	Same	Same

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<p><b>4</b></p>	<p>Five minute walk: Same</p> <p>Jog 3 minutes then walk 90seconds</p> <p>Jog 5 minutes then walk 3 minutes.</p> <p>Jog 3 minutes than walk 90 seconds.</p> <p>Jog 5 minutes</p>	<p>Same</p>	<p>Same</p>
<p><b>5</b></p>	<p>Five minute walk:</p> <p>Jog 5 minutes</p> <p>Walk 3 minutes</p> <p>Jog 5 minutes</p> <p>Walk 3 minutes</p> <p>Jog 5 minutes</p>	<p>Five minute walk:</p> <p>Jog 8 minutes</p> <p>Walk 5 minutes</p> <p>Jog 8 minutes</p>	<p>Five minute walk:</p> <p>Jog 20 minutes with no walking</p>
<p><b>6</b></p>	<p>Five minute walk:</p> <p>Jog 5 minutes</p> <p>Walk 3 minutes</p> <p>Jog 8 minutes</p> <p>Walk 3 minutes</p> <p>Jog 5 minutes</p>	<p>Five minute walk</p> <p>Jog 10 minutes</p> <p>Walk 3 minutes</p> <p>Jog 10 minutes</p>	<p>Five minute walk:</p> <p>Jog 25 minutes</p>

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<b>7</b>	Five minute walk: 25 minute jog	Five minute walk: 25 minute jog	Same
<b>8</b>	Five minute walk: 28 minute jog	Same	Same
<b>9</b>	Five minute walk: Jog 30 minutes	Same Or If racing 20 minutes	Same -or If racing 15 minutes

Notes: If you cannot complete the week, repeat and then move on.

If considering moving on from 5k to longer distance. Repeat program, consider running 4-5 days a week. One day a week increase time running by 5 minutes for 3 weeks, back down one week, and repeat.

If you are consistently running 3.5 to 4 hours a week, you may consider adding speedwork.