

Couch to 5k

Week	Day#1 (Tues)	Day#2 (Thurs)	Day#3 (Sunday)
1	2 min walk / 1 min run x 8 Duration 24mins	2 min walk / 1min run x 10 Duration – 30mins	2min walk / 1 min run x 10 Duration 30mins
2	2 min walk / 1.5min run x 8 Duration 28mins	2 min walk / 2 min run x 8 Duration 32mins	2 min walk / 2 min run x 7 Duration 28mins
3	2 min walk / 3 min run x 5 Duration – 30mins	1.5 min walk / 3 min run x 7 Duration 31.5 mins	1.5 min walk / 3 min run x 8 Duration 36mins
4	2 min walk / 4 min run x 5 Duration 30mins	1.5 min walk / 4 min run x 5 Duration 27.5mins	1.5 min walk / 4.5 min run x 5 Duration 30mins
5	2 min walk / 5 min run x 3 Duration 21mins	2 min walk / 6 min run x 3	2 min walk / 6 min run x 4 Duration 32mins
6	2 min walk / 8 min run x 3	1.5min walk / 8 min run x 3 Duration 26.5mins	15 min run (+5min walking warm up)
7	1 min walk / 10 min run x 3 Duration 33mins	1 min walk / 12 min run x 3 Duration 39mins	20 min run (+5min walking warm up)
8	1min walk / 18min run x 2 Duration 39mins	30 min run (+5min walking warm up)	Run 5km

