

# 8 Week C25K Schedule

| WEEK     | TUESDAY                                       | THURSDAY                                      | SUNDAY                                     |
|----------|-----------------------------------------------|-----------------------------------------------|--------------------------------------------|
| <b>1</b> | Run 1 min<br>Walk 1 min<br>Repeat 8 times     | Run 1.5 min<br>Walk 1.5 min<br>Repeat 7 times | Run 2 min<br>Walk 2 min<br>Repeat 6 times  |
| <b>2</b> | Run 2.5 min<br>Walk 2.5 min<br>Repeat 6 times | Run 3 min<br>Walk 3 min<br>Repeat 5 times     | Run 4 min<br>Walk 3 min<br>Repeat 4 times  |
| <b>3</b> | Run 3.5 min<br>Walk 3 min<br>Repeat 5 times   | Run 4 min<br>Walk 3 min<br>Repeat 4 times     | Run 6 min<br>Walk 4 min<br>Repeat 4 times  |
| <b>4</b> | Run 5 min<br>Walk 3.5 min<br>Repeat 3 times   | Run 5.5 min<br>Walk 3.5 min<br>Repeat 3 times | Run 8 min<br>Walk 3 min<br>Repeat 3 times  |
| <b>5</b> | Run 6 min<br>Walk 3 min<br>Repeat 3 times     | Run 7 min<br>Walk 3 min<br>Repeat 3 times     | Run 10 min<br>Walk 3 min<br>Repeat 2 times |
| <b>6</b> | Run 8 min<br>Walk 3 min<br>Repeat 3 times     | Run 8 min<br>Walk 2 min<br>Repeat 3 times     | Run 12 min<br>Walk 2 min<br>Repeat 2 times |
| <b>7</b> | Run 9 min<br>Walk 2 min<br>Repeat 3 times     | Run 10 min<br>Walk 2 min<br>Repeat 3 times    | Run 15 min<br>Walk 1 min<br>Repeat 2 times |
| <b>8</b> | Run 8 min<br>Walk 1 min<br>Repeat 3 times     | Run 5 min<br>Walk 2 min<br>Repeat 4 times     | <b>RUN 5K!!!</b>                           |