



Couch to 5k

12 Week Training Plan

	Monday	Wednesday	Friday
Week 1: Sept 15 - 21	1 min run/ 1.5 min walk for 20 min total	1 min run/ 1.5 min walk for 20 min total	1 min run/ 1.5 min walk for 20 min total
Week 2: Sept 22 - 28	1.5 min run/ 2 min walk for 21 min total	2 min run/ 2 min walk for 20 min total	2 min run/ 2 min walk for 20 min total
Week 3: Sept 29 - Oct 5	2.5 min run/ 2 min walk for 22 min total	3 min run/ 2 min walk for 20 min total	3 min run/ 2 min walk for 20 min total
Week 4: Oct 6 - 12	4 min run/ 2 min walk for 24 min total	5 min run/ 3 min walk for 24 min total	5 min run/ 3 min walk for 24 min total
Week 5: Oct 13 - 19	6 min run/ 3 min walk/ 6 min run	8 min run/ 5 min walk/ 8 min run	10 min run/ 3 min walk/ 10 min run
Week 6: Oct 20 - 26	5 min run/ 3 min walk/ 8 min R/3 min W/ 5 min R	10 min run/ 3 min walk/ 10 min run	15 min run
Week 7: Oct 27 - Nov 2	12 min run/ 2 min walk (x 2) + 5 min run	15 min run/ 1 min walk/ 5 min run	 20 min run
Week 8: Nov 3-9	15 min run/ 1 min walk (x 2)	15 min run/ 1 min walk/ 5 min run	20 min run
Week 9: Nov 10-16	20 min run/ 1 min walk/ 5 min running	25 min run	25 min run
Week 10: Nov 17-23	15 min run/ 1 min walk (x 2)	20 min run/ 1 min walk/ 10 min run	30 min run
Week 11: Nov 24-30	25 min run/ 1 min walk/ 5 min running	30 min run	 35 min run
Week 12: Dec 1-7	30 min run	20 min run	RACE DAY!