

# 12 week couch to 5k

## Training Plan

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	25 min walk	Rest	4 (05 min walk, 01 min Run)	Rest	Rest	4 (04 min walk, 01 min Run)

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (04 min walk, 02 min Run)	Rest	4 (05 min walk, 01 min Run)	Rest	Rest	12 min walk, 06 min Run, 12 min walk

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (05 min walk, 02 min Run)	Rest	4 (04 min walk, 03 min Run)	Rest	30 min Cross Training	12 min walk, 08 min Run, 12 min walk

### Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (04 min walk, 03 min Run)	Rest	30 min Cross Training	4 (05 min walk, 02 min Run)	Rest	12 min walk, 08 min Run, 12 min walk

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## Training Plan

### Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 ( 10 min walk, 04 min Run)	Rest	30 min Cross Training	Rest	10 min walk, 12 min Run, 10 min walk	Rest

### Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 ( 08 min walk, 08 min Run)	30 min Cross Training	Rest	4 ( 04 min walk, 04 min Run)	Rest	10 min walk, 14 min Run, 10 min walk

### Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 ( 05 min walk, 08 min Run)	30 min Cross Training	2 ( 08 min walk, 06 min Run)	Rest	30 min Cross Training	10 min walk, 14 min Run, 10 min walk

### Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 ( 08 min walk, 08 min Run)	30 min Cross Training	10 min walk, 10 min Run, 10 min walk	Rest	Race day Simulation ( 10 min walk, 02 Mile Run, 10 min walk)	30 min Cross Training

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## Training Plan

### Week 9

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	2 ( 12 min walk, 06 min Run)	Rest	30 min Cross Training	Rest	10 min walk, 10 min Run, 10 min walk	Rest

### Week 10

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	2 ( 10 min walk, 08 min Run)	30 min Cross Training	2 ( 12 min walk, 06 min Run)	Rest	2 ( 08 min walk, 06 min Run)	10 min walk, 16 min Run, 10 min walk

### Week 11

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	2 ( 10 min walk, 08 min Run)	30 min Cross Training	2 ( 12 min walk, 04 min Run)	Rest	30 min Cross Training	10 min walk, 12 min Run, 10 min walk

### Week 12

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	2 ( 08 min walk, 06 min Run)	Rest	10 min walk, 10 min Run, 10 min walk	Rest	Race Day!	Rest