

4 week couch to 5k

Training Plan

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (6 min walk, 1 min Run)	30 min Cross Training	4 (5 min walk, 1 min Run)	Rest	30 min Cross Training	15 min walk, 10 min Run, 15 min walk

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (5 min walk, 2 min Run)	30 min Cross Training	4 (5 min walk, 3 min Run)	Rest	30 min Cross Training	15 min walk, 15 min Run, 15 min walk

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (3 min walk, 4 min Run)	30 min Cross Training	4 (4 min walk, 5 min Run)	Rest	30 min Cross Training	15 min walk, 20 min Run, 15 min walk

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (3 min walk, 3 min Run)	Rest	10 min walk, 10 min Run, 10 min walk	Rest	Race day!	Rest