

8 week couch to 5k

Training Plan

Week 1

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

Week 2

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

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 (05 min walk, 03 min Run)	Rest	4 (03 min walk, 03 min Run)	Rest	30 min Cross Training	10 min walk, 10 min Run, 10 min walk

Week 4

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

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Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 (10 min walk, 05 min Run)	30 min Cross Training	2 (12 min walk, 06 min Run)	Rest	30 min Cross Training	12 min walk, 12 min Run, 12 min walk

Week 6

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

Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 (05 min walk, 10 min Run)	30 min Cross Training	2 (04 min walk, 03 min Run)	Rest	30 min Cross Training	12 min walk, 20 min Run, 12 min walk

Week 8

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