

Couch to 5K Running Plan

Week	Day 1	Day 2	Day 3
1	Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes) 	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes) 	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes)
4	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2-1/2 minutes) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2-1/2 minutes) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 2-1/2 minutes) • Jog 1/4 mile (or 3 minutes) • Walk 1/8 mile (or 90 seconds) • Jog 1/2 mile (or 5 minutes)

5	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 minutes) • Walk 1/2 mile (or 5 minutes) • Jog 3/4 mile (or 8 minutes) 	Brisk five-minute warm-up walk, then jog two miles (or 20 minutes) with no walking.
6	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 3/4 mile (or 8 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1/2 mile (or 5 minutes) 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 1 mile (or 10 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1 mile (or 10 minutes) 	Brisk five-minute warm-up walk, then jog 2-1/4 miles (or 25 minutes) with no walking.
7	Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes).
8	Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes).
9	Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes).	The final workout! Congratulations! Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes).