



Couch to 5K Training Plan

This training plan is adapted from the mobile app “C25K FREE” each workout is provided here for those who may prefer it written down, or for those who are not able to obtain the program using a smartphone. For best results, complete these workouts 1-2 days apart (for example: Monday, Wednesday and Friday). After each workout, be sure to cool-down, stretch*, and hydrate. Check each workout when completed.

Week 1



Day 1: Do a brisk 5 minute warm-up walk. Then alternate between 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. End with a 5 minute cool-down walk.



Day 2: Complete the same workout as day 1



Day 3: Complete the same workout as day 1

Week 2



Day 1: Do a brisk 5 minute warm-up walk. Then alternate between 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes. End with a 5 minute cool-down walk.



Day 2: Complete the same workout as day 1



Day 3: Complete the same workout as day 1

Week 3



Day 1: Do a brisk 5 minute warm-up walk. Then do 2 repetitions of the following: jog for 90 seconds; walk for 90 seconds; jog for 3 minutes, walk for 3 minutes. End with a 5 minute cool-down walk.



Day 2: Complete the same workout as day 1



Day 3: Complete the same workout as day 1

Week 4

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 3 minutes, walk for 90 seconds, jog for 5 minutes, walk for 2.5 minutes, jog for 3 minutes, walk for 90 seconds, jog for 5 minutes. End with a 5 minute cool-down walk.
-  Day 2: Complete the same workout as day 1
-  Day 3: Complete the same workout as day 1

Week 5

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 5 minutes, walk for 3 minutes, jog for 5 minutes, walk for 3 minutes, jog for 5 minutes. End with a 5 minute cool-down walk.
-  Day 2: Do a 5 minute warm-up walk. Then jog $\frac{3}{4}$ mile (or 8 minutes). Walk $\frac{1}{2}$ mile (or 5 minutes), jog $\frac{3}{4}$ mile (or 8 minutes). End with a 5 minute cool-down walk.
-  Day 3: Do a brisk 5 minute warm-up walk. Then jog for 2 miles (or 20 minutes) with no walking. End with a 5 minute cool-down walk.

Week 6

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 5 minutes, walk for 3 minutes, jog for 8 minutes, walk for 3 minutes, jog for 5 minutes. End with a 5 minute cool-down walk.
-  Day 2: Do a brisk 5 minute warm-up walk. Then jog 1 mile (or 10 minutes), walk $\frac{1}{4}$ mile (or 3 minutes); jog 1 mile (or 10 minutes). End with a 5 minute cool-down walk.
-  Day 3: Do a brisk 5 minute warm-up walk. Then jog for 2 and $\frac{1}{4}$ miles (or 22 minutes) with no walking. End with a 5 minute cool-down walk.

Week 7

-  Day 1: Do a brisk 5 minute warm-up walk. Then jog for 2.5 miles (or 25 minutes). End with a 5 minute cool-down walk.
-  Day 2: Complete the same workout as day 1
-  Day 3: Complete the same workout as day 1

Week 8



Day 1: Do a brisk 5 minute warm-up walk. Then jog for 2.75 miles (or 28 minutes). End with a 5 minutes cool-down walk.



Day 2: Complete the same workout as day 1



Day 3: The final workout! Congratulations! Do a brisk 5 minute warm-up walk. Then jog for 3 miles (or 30 minutes). End with a 5 minute cool-down walk.

*Sample Stretches for After Each Workout:

1. Hamstring Stretch – Hold for 15 seconds:

Stand with your right leg just in front of the other and your hands on your hips. Keeping your right leg straight and toes pointing up bend your left leg. Bend towards your right leg, keeping your back straight. Repeat with the other leg.

2. Thigh Stretch – hold for 15 seconds:

Grab the top of your left foot behind you and gently pull your heel towards your left buttock to stretch the front of the thigh, keeping the knees touching. Avoid leaning forwards or to the side. Repeat with the other leg.

3. Lower back stretch - hold for 15 seconds:

Lie on your back with both feet flat. Pull your right knee to your chest until you feel a stretch in your lower back. Hold for up to 15 seconds and repeat with the left leg. Then pull both knees to your chest and hold for up to 15 seconds.

4. Hip flexor stretch - hold for 15 seconds:

Step your left leg forward, keeping both feet pointing straight ahead. Keeping your back leg straight and avoiding sticking your buttock out and arching your back, slowly bend your front leg and push your right buttock forward until you feel a stretch across the front of your right hip joint. Repeat with the other leg.