

COUCH TO 5K

9-WEEK TRAINING PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 min running / 1.5 min walking for 20 mins	Active Rest	1 min running / 1.5 min walking for 20 mins	Active Rest	1 min running / 1.5 min walking for 20 mins	Active Rest	Rest
2	2 min running / 2 min walking for 20 mins	Active Rest	2 min running / 2 min walking for 20 mins	Active Rest	2 min running / 2 min walking for 20 mins	Active Rest	Rest
3	3 min running / 2 min walking for 20 mins	Active Rest	3 min running / 2 min walking for 20 mins	Active Rest	3 min running / 2 min walking for 20 mins	Active Rest	Rest
4	5 min running / 3 min walking for 21 mins	Active Rest	5 min running / 3 min walking for 21 mins	Active Rest	5 min running / 3 min walking for 21 mins	Active Rest	Rest
5	6 min running / 3 min walk / 6 min running	Active Rest	8 min running / 5 min walk / 8 min running	Active Rest	20 min running	Active Rest	Rest
6	5 min running / 3 min walk / 8 min running / 3 min walk / 5 min running	Active Rest	10 min running / 3 min walk / 10 min running	Active Rest	25 min running	Active Rest	Rest
7	25 min running	Active Rest	25 min running	Active Rest	25 min running	Active Rest	Rest
8	28 min running	Active Rest	28 min running	Active Rest	28 min running	Active Rest	Rest
9	30 min running	Active Rest	30 min running	Active Rest	30 min running	Rest	RACE DAY

- START EACH SESSION WITH A BRISK 5 MIN WARMUP WALK
- DON'T WORRY ABOUT YOUR SPEED, JUST TRY AND KEEP RUNNING
- TAKE AN EXTRA REST DAY OR REPEAT A WEEK IF TIRED
- WALK OR CYCLE ON ACTIVE REST DAYS