The Center for Physical Rehabilitation

Couch to 5k Running Program

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Minutes
Week 1	Walk 3 min Run 1 min Repeat 4X	Cross Train 15 min	Walk 3 min Run 1 min Repeat 4X	Cross Train 15 min	Strength Training 5 min	Walk 3 min Run 1 min Repeat 4X	Rest or Walk	
Week 2	Walk 2 min Run 1 min Repeat 5X	Cross Train 15 min	Walk 2 min Run 1 min Repeat 5X	Cross Train 15 min	Strength Training 5 min	Walk 2 min Run 1 min Repeat 5X	Rest or Walk	
Week 3	Walk 2 min Run 1 min Repeat 5X	Cross Train 15 min	Walk 2 min Run 1 min Repeat 5X	Cross Train 15 min	Strength Training 5 min	Walk 2 min Run 1 min Repeat 5X	Rest or Walk	
Week 4	Run 1 min Walk 1 min Repeat 5X	Cross Train 15 min	Run 1 min Walk 1 min Repeat 5X	Cross Train 15 min	Strength Training 5 min	Run 1 min Walk 1 min Repeat 5X	Rest or Walk	
Week 5	Run 1 min Walk 1 min Repeat 8X	Cross Train 20 min	Run 1 min Walk 1 min Repeat 8X	Cross Train 15 min	Strength Training 5 min	Run 1 min Walk 1 min Repeat 8X	Rest or Walk	
Week 6	Run 5 min Walk 5 min	Cross Train 20 min	Run 2 min Walk 2 min Repeat 3X	Cross Train 20 min	Strength Training 5 min	Run 2 min Walk 2 min Repeat 3X	Rest or Walk	
Week 7	Run 8 min Walk 2 min	Cross Train 15 min	Run 2 Walk 2 Repeat 4X	Run 2 Walk 2 Repeat 4X	Strength Training 5 min	Run 2 Walk 2 Repeat 4X	Rest or Walk	
Week 8	Run 10 min	Cross Train 15 min	Run 2 Walk 2 Repeat 4X	Run 2 Walk 2 Repeat 4X	Strength Training 5 min	Run 3 Walk 1 Repeat 4X	Rest or Walk	
Week 9	Run 12 min	Cross Train 15 min	Run 3 min Walk 1 min Repeat 5X	Run 3 min Walk 1 min Repeat 3X	Strength Training 5 min	Run 3 min Walk 1 min Repeat 5X	Rest or Walk	
Week 10	Run 15 min	Cross Train 15 min	Run 10 min	Run 3 Walk 1 Repeat 4X	Strength Training 5 min	Run 4 min Walk 1 min Repeat 6X	Rest or Walk	
Week 11	Run 18 min	Cross Train 15 min	Run 10 min	Run 3 min Walk 1 min Repeat 3X	Strength Training 5 min	Run 4 min Walk 1 min Repeat 6X	Rest or Walk	
Week 12	Run 22 min	Cross Train 15 min	Run 10 min	Cross Train 15 min	Strength Training 5 min	Run 3 min Walk 1 min Repeat 3X	Run 30 min	

Cross Train Examples:

Biking, swimming, jumping rope, soccer, football, frisbee, bike riding

Strength Training Exercises:

push ups, sit ups, plank, bridges, squats, lunges