

COUCH TO 10K TRAINING PLAN: 12 WEEKS, FOR NON-RUNNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
2	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
3	2 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	2.5 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	2.5 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
4	3 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	3 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	4 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
5	5 mins running / 3 mins walking (x 3)	Rest or Cross-train	8 mins running / 5 mins walking / 8 mins running	Rest or Cross-train	20 mins running	Rest or Cross-train	Rest Day
6	6 mins running / 3 mins walking (x 2)	Rest or Cross-train	10 mins running / 3 mins walking / 10 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	Rest Day
7	25 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	Rest Day
8	30 mins running	Rest or Cross-train	30 mins running	Rest or Cross-train	30 mins running	Rest Day	Run 5K!
9	Rest or Cross-train	2.5 mile run	1.5 mile run	Rest or Cross-train	2.5 mile run	Rest or Cross-train	4 Mile Long Run
10	Rest or Cross-train	2.5 mile run	1.5 mile run	Rest or Cross-train	2.5 mile run	Rest or Cross-train	4.5 Mile Long Run
11	Rest or Cross-train	3 mile run	4 mile run	Rest or Cross-train	3 mile run	Rest or Cross-train	5 Mile Long Run
12	Rest or Cross-train	3 mile run	4 mile run	Rest or Cross-train	3 mile run	Rest Day	Run 10K!

- Start off every workout with a brisk 5 minute walk to warm up!
- Don't worry about your speed - just focus on being able to keep running (even if it's slow!)
- If in doubt or feeling tired, take an extra rest day or repeat a week.
- Get the full 8 Week Couch To 5K Training Plan + Advice at marathonhandbook.com