

# COUCH TO 5K – RUNNING PROGRAM (6 WEEKS)

## WHO IS THIS PROGRAM FOR?

This schedule is for beginners who are normally active without significant health complaints but who do not regularly engage in running.

## WHAT DO YOU NEED?

A good pair of running shoes and somewhere safe to train.

## GOALS FOR THE PROGRAM ARE:

- ✓ Finish a 5k in less than an hour.
- ✓ Finish the 5k feeling strong, not exhausted.

## SCHEDULE:

### ***Week 1 (Goal - increasing active time):***

- 3-5 days of walking/running – 25 minutes per day.
- Try to mix in some run/walk intervals twice a week. Add a few to your long day as well. Intervals should add more running/less walking as you become more fit. See the example weekly schedule for details.
- Take a rest day when your daily schedule dictates or after 3 days in a row of walking/running

### ***Week 2 (Goal – increase active time with a longer run/walk day):***

- 3-5 days of walking/running – 30 minutes per day.
- Make one day a 35 minute run/walk with a rest day the next day.

### ***Week 3 (Goal – increase active time with a longer run/walk day):***

- 3-5 days of walking/running – 35 minutes per day.
- Make one day a 40 minute run/walk with a rest day the next day.

### ***Week 4 (Goal – increase speed with more intervals):***

- 3-5 days of walking/running – 35 minutes per day.
- Make one day a 45 minute walk with a rest day the next day.

### ***Week 5 (Goal – increase speed with intervals and a longer run/walk):***

- 3-5 days of walking/running – 35 minutes per day.
- Make one day a 50 minute walk with a rest day the next day.

### ***Week 6 (Goal – RACE):***

- 3-5 days of walking/running – 35 minutes per day.
- Take a rest day on Friday and enjoy your hard work on Race Day!!

EXAMPLE WEEKLY SCHEDULE:

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest Day	Intervals	Brisk Walk	Rest Day	Intervals	Brisk Walk	Long (30 Minutes)
2	Rest Day	Intervals	Brisk Walk	Rest Day	Intervals	Brisk Walk	Long (35 Minutes)
3	Rest Day	Intervals	Brisk Walk	Rest Day	Intervals	Brisk Walk	Long (40 Minutes)
4	Rest Day	Intervals	Brisk Walk	Rest Day	Intervals	Brisk Walk	Long (45 Minutes)
5	Rest Day	Intervals	Brisk Walk	Rest Day	Intervals	Brisk Walk	Long (50 Minutes)
6	Rest Day	Intervals	Brisk Walk	Rest Day	Intervals	Rest Day	RACE!!

Week 1	25 minutes	Intervals - 5 minute walk, repeat (2 minute walk, 1 minute jog), 5 min cool down
Week 2	30 minutes	Intervals - 5 minute walk, repeat (2 minute walk, 1:30 minute jog), 5 min cool down
Week 3	35 minutes	Intervals - 5 minute walk, repeat (2 minute walk, 2 minute jog), 5 min cool down
Week 4	35 minutes	Intervals - 5 minute walk, repeat (1:30 minute walk, 2 minute jog), 5 min cool down
Week 5	35 minutes	Intervals - 5 minute walk, repeat (1 minute walk, 2 minute jog), 5 min cool down
Week 6	35 minutes	Intervals - 5 minute walk, repeat (:30 second walk, 2 minute jog), 5 min cool down