



Couch to 5k

Week	Run 1	Run 2	Run 3	Your Notes
Week 1	Warm-up: 5 mins brisk walk Run: 1 min Walk: 1 min 30 secs (repeat 7×) Final run: 1 min Cool-down: 5 mins walk	Repeat Week 1 Run 1	Repeat Week 1 Run 1	
Week 2	Warm-up: 5 mins brisk walk Run: 1 min 30 secs Walk: 2 mins (repeat 5×) Final run: 1 min 30 secs Cool-down: 5 mins walk	Repeat Week 2 Run 1	Repeat Week 2 Run 1	
Week 3	Warm-up: 5 mins brisk walk Run: 1 min 30 secs Walk: 1 min 30 secs Run: 3 mins Walk: 3 mins Run: 1 min 30 secs Walk: 1 min 30 secs Final run: 3 mins Cool-down: 5 mins walk	Repeat Week 3 Run 1	Repeat Week 3 Run 1	

Week	Run 1	Run 2	Run 3	Your Notes
Week 4	Warm-up: 5 mins brisk walk Run: 3 mins Walk: 1 min 30 secs Run: 5 mins Walk: 2 mins 30 secs Run: 3 mins Walk: 1 min 30 secs Final run: 5 mins Cool-down: 5 mins walk	Repeat Week 4 Run 1	Repeat Week 4 Run 1	
Week 5	Warm-up: 5 mins brisk walk Run: 5 mins Walk: 3 mins Run: 5 mins Walk: 3 mins Final run: 5 mins Cool-down: 5 mins walk	Warm-up: 5 mins brisk walk Run: 8 mins Walk: 5 mins Final run: 8 mins Cool-down: 5 mins walk	Warm-up: 5 mins brisk walk Run: 20 mins Cool-down: 5 mins walk	

Week	Run 1	Run 2	Run 3	Your Notes
Week 6	Warm-up: 5 mins brisk walk Run: 5 mins Walk: 3 mins Run: 8 mins Walk: 3 mins Final run: 5 mins Cool-down: 5 mins walk	Warm-up: 5 mins brisk walk Run: 10 mins Walk: 3 mins Final run: 10 mins Cool-down: 5 mins walk	Warm-up: 5 mins brisk walk Run: 25 mins Cool-down: 5 mins walk	
Week 7	Warm-up: 5 mins brisk walk Run: 25 mins Cool-down: 5 mins walk	Repeat Week 7 Run 1	Repeat Week 7 Run 1	
Week 8	Warm-up: 5 mins brisk walk Run: 28 mins Cool-down: 5 mins walk	Repeat Week 8 Run 1	Repeat Week 8 Run 1	
Week 9	Warm-up: 5 mins brisk walk Run: 30 mins Cool-down: 5 mins walk	Repeat Week 9 Run 1	Repeat Week 9 Run 1	