## Couch to 5k Running Plan

<table>
<thead>
<tr>
<th>Week</th>
<th>Workout 1</th>
<th>Workout 2</th>
<th>Workout 3</th>
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</thead>
</table>
| 1    | Brisk five minute warmup walk, then do eight (8) repetitions of the following:  
• 60 seconds of jogging  
• 90 seconds of walking | Brisk five minute warmup walk, then do eight (8) repetitions of the following:  
• 60 seconds of jogging  
• 90 seconds of walking | Brisk five minute warmup walk, then do eight (8) repetitions of the following:  
• 60 seconds of jogging  
• 90 seconds of walking |
| 2    | Brisk five minute warmup walk, then do six (6) repetitions of the following:  
• 90 seconds of jogging  
• 2 minutes of walking | Brisk five minute warmup walk, then do six (6) repetitions of the following:  
• 90 seconds of jogging  
• 2 minutes of walking | Brisk five minute warmup walk, then do six (6) repetitions of the following:  
• 90 seconds of jogging  
• 2 minutes of walking |
| 3    | Brisk five minute warmup walk, then do two (2) repetitions of the following:  
• 90 seconds of jogging  
• 90 seconds of walking  
• 3 minutes of jogging  
• 3 minutes of walking | Brisk five minute warmup walk, then do two (2) repetitions of the following:  
• 90 seconds of jogging  
• 90 seconds of walking  
• 3 minutes of jogging  
• 3 minutes of walking | Brisk five minute warmup walk, then do two (2) repetitions of the following:  
• 90 seconds of jogging  
• 90 seconds of walking  
• 3 minutes of jogging  
• 3 minutes of walking |
| 4    | Brisk five minute warmup walk, then do:  
• 3 minutes of jogging  
• 90 seconds of walking  
• 5 minutes of jogging  
• 2 1/2 minutes of walking  
• 3 minutes of jogging  
• 90 seconds of walking  
• 5 minutes of jogging | Brisk five minute warmup walk, then do:  
• 3 minutes of jogging  
• 90 seconds of walking  
• 5 minutes of jogging  
• 2 1/2 minutes of walking  
• 3 minutes of jogging  
• 90 seconds of walking  
• 5 minutes of jogging | Brisk five minute warmup walk, then do:  
• 3 minutes of jogging  
• 90 seconds of walking  
• 5 minutes of jogging  
• 2 1/2 minutes of walking  
• 3 minutes of jogging  
• 90 seconds of walking  
• 5 minutes of jogging |
| 5    | Brisk five minute warmup walk, then do:  
• 5 minutes of jogging  
• 3 minutes of walking  
• 5 minutes of jogging  
• 3 minutes of walking  
• 5 minutes of jogging  | Brisk five minute warmup walk, then do:  
• 8 minutes of jogging  
• 5 minutes of walking  
• 8 minutes of jogging  | Brisk five minute warmup walk, then do 20 minutes of jogging with no walking. |
| 6    | Brisk five minute warmup walk, then do:  
• 5 minutes of jogging  
• 3 minutes of walking  
• 8 minutes of jogging  
• 3 minutes of walking  
• 5 minutes of jogging  | Brisk five minute warmup walk, then do:  
• 10 minutes of jogging  
• 3 minutes of walking  
• 10 minutes of jogging  | Brisk five minute warmup walk, then do 25 minutes of jogging with no walking. |
| 7    | Brisk five minute warmup walk, then do 25 minutes of jogging. | Brisk five minute warmup walk, then do 25 minutes of jogging. | Brisk five minute warmup walk, then do 25 minutes of jogging. |
| 8    | Brisk five minute warmup walk, then do 28 minutes of jogging. | Brisk five minute warmup walk, then do 28 minutes of jogging. | Brisk five minute warmup walk, then do 28 minutes of jogging. |
| 9    | Brisk five minute warmup walk, then do 30 minutes of jogging. | Brisk five minute warmup walk, then do 30 minutes of jogging. | The final workout. Congrats!  
Brisk five minute warmup walk, then do 30 minutes of jogging. |