

# Couch to 5k Training Plan

Start with week 1, day 1. You will start with lots of walking as warm-ups and cooldowns. Next, you will move into more running. Then, you will run for longer periods and walk less. Lastly, you will stop walking altogether. You can see the progression in the Couch to 5K Plan below. This is broken down into minutes of walking and jogging.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 minute walk 2 minute jog 5 minute walk	Relax	5 min walk 2 min jog 5 min walk	Relax	5 min walk 3 min jog 5 min walk	Relax	Relax
2	5 min walk 3 min jog 5 min walk	Relax	4 min jog 5 min walk 4 min jog 5 min walk	Relax	5 min walk 7 min jog 5 min walk	Relax	Relax
3	5 min walk 6 min jog 5 min walk	Relax	5 min walk 3 min jog 5 min walk	Relax	5 min walk 3 min jog 5 min walk	Relax	Relax
4	5 min walk 7 min jog 5 min walk	Relax	5 min walk 8 min jog 5 min walk	Relax	5 min walk 9 min jog 5 min walk	Relax	Relax
5	5 min walk 9 min jog 5 min walk	Relax	6 min jog 5 min walk 6 min jog 5 min walk	Relax	5 min walk 10 min jog 5 min walk	Relax	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax	13 min jog 5 min walk	Relax	15 min jog 5 min walk	Relax	Relax
7	15 min jog 5 min walk	Relax	8 min jog 5 min walk 8 min jog 5 min walk	Relax	16 min jog 5 min walk	Relax	17 min jog 5 min walk
8	17 min jog 5 min walk	Relax	18 min jog 5 min walk	Relax	20 min jog 5 min walk	Relax	Relax
9	20 min jog	Relax	12 min jog 5 min walk 12 min jog	Relax	24 min jog	Relax	25 min jog
10	25 min jog	Relax	27 min jog	Relax	30 min jog	Relax	Race Day!

Source: [fromcouchto5k.com](http://fromcouchto5k.com)