



## Couch to 5K 6-Week Program

### Week 1

Day 1:

1:00 run

1:00 walk

Repeat X10

Day 2:

2:00 run

4:00 walk

Repeat X5

Day 3:

2:00 run

4:00 walk

Repeat X5

### Week 2

Day 1:

3:00 run

3:00 walk

Repeat X4

Day 2:

3:00 run

3:00 walk

Repeat X4

Day 3:

5:00 run

3:00 walk

Repeat X3

### Week 3

Day 1:

7:00 run

2:00 walk

Repeat X3

Day 2:

8:00 run

2:00 walk

Repeat X3

Day 3:

8:00 run

2:00 walk

Repeat X3

### Week 4

Day 1:

8:00 run

2:00 walk

Repeat X3

Day 2:

10:00 run

2:00 walk

Repeat X2

Then 5:00 run

Day 3:

8:00 run

2:00 walk

Repeat X3

### Week 5

Day 1:

9:00 run

1:00 walk

Repeat X3

Day 2:

Run 12:00

Walk 2:00

Repeat X2

Then 5:00 run

Day 3:

8:00 run

2:00 walk

Repeat X3

### Week 6

Day 1

15:00 run

1:00 walk

Repeat X2

Day 2:

8:00 run

2:00 walk

Repeat x3