



3 week

COUCH TO 5K PLAN

- * Consult your doctor before beginning this or any exercise plan
- * Listen to your body: if something hurts or feels wrong STOP and consult your doctor

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Walk 30 mins	Walk 4 Minutes Run 1 Minute Repeat 6 Times	Walk 30 mins	Walk 3 Minutes Run 1 Minute Repeat 7 Times	Walk 30 mins	Walk 4 Minutes Run 2 Minutes Repeat 5 Times	Walk 4 Minutes Run 2 Minutes Repeat 5 Times
Week 2	Walk 40 mins	Walk 4 Minutes Run 3 Minutes Repeat 4 Times	Brisk Walk 40 mins	Walk 4 Minutes Run 4 Minutes Repeat 4 Times	Brisk Walk 40 mins	Walk 4 Minutes Run 5 Minutes Repeat 3 Times	Walk 4 Minutes Run 6 Minutes Repeat 3 Times
Week 3	Walk 40 mins	Walk 3 Minutes Run 7 Minutes Repeat 3 Times	Brisk Walk 45 mins	Walk 2 Minutes Run 8 Minutes Repeat 3 Times	Walk 1 Minutes Run 9 Minutes Repeat 3 Times	REST & STRETCH	RACE DAY