

This Couch to 5K Program is brought to you by:
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Training Plan - Week 1: Time to get started! (May 19th – 25th, 2013)



Each session should take about 20 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

Run for time, or run for distance: *There are two ways to follow this program, to measure your runs by time or by distance. Either one works just as well, choose the option that seems easiest for you to keep track of. If you go with the distance option, and you are not using a track to measure the distances, just estimate. It's not important to have the distances absolutely exact.*

Before setting out, make sure to precede each session with a five-minute warm up walk or jog.

Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

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Training Plan - Week 2: Getting in the Habit! (May 26th – June 1st, 2013)



Just like last week, each session should take about 20 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

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Before setting out, make sure to precede each session with a five-minute warm up walk or jog.

Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

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Training Plan - Week 3: Kicking it up a notch! (June 2nd – 8th, 2013)



Again, each session should take about 20 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

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Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warmup walk, then do **two** repetitions of the following:

- Jog 200 yards (or 90 seconds)
 - Walk 200 yards (or 90 seconds)
- Jog 400 yards (or 3 minutes)
 - Walk 400 yards (or three minutes)

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warmup walk, then do **two** repetitions of the following:

- Jog 200 yards (or 90 seconds)
 - Walk 200 yards (or 90 seconds)
- Jog 400 yards (or 3 minutes)
 - Walk 400 yards (or three minutes)

Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warmup walk, then do **two** repetitions of the following:

- Jog 200 yards (or 90 seconds)
 - Walk 200 yards (or 90 seconds)
- Jog 400 yards (or 3 minutes)
 - Walk 400 yards (or three minutes)

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Training Plan - Week 4: Getting more Comfortable! (June 9th – 15th, 2013)



Again, each session should take about 20 or 30 minutes, three times a week. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

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Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warmup walk, then:

- Jog 1/4 mile (or 3 minutes)
 - Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
 - Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

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Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warmup walk, then:

- Jog 1/4 mile (or 3 minutes)
 - Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
 - Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)



Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warmup walk, then:

- Jog 1/4 mile (or 3 minutes)
 - Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
 - Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

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Training Plan - Week 5: More time running! (June 16th – 22nd, 2013)



Less walking, more running! Again, each session should take about 20 or 30 minutes, three times a week. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

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Before setting out, make sure to precede each session with a five-minute warm up walk or jog.

Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warmup walk, then:

- Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 3 minutes)
- Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 3 minutes)
- Jog 1/2 mile (or 5 minutes)

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warmup walk, then:

- Jog 3/4 mile (or 8 minutes)
 - Walk 1/2 mile (or 5 minutes)
- Jog 3/4 mile (or 8 minutes)

Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking

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Training Plan - Week 6: More time running! (June 23rd – 29th, 2013)



Less walking, a lot more running! Again, each session should take about 20 or 30 minutes, three times a week. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going.

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Before setting out, make sure to precede each session with a five-minute warm up walk or jog.

Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warmup walk, then:

- Jog 1/2 mile (or 5 minutes)
 - Walk 1/4 mile (or 3 minutes)
- Jog 3/4 mile (or 8 minutes)
 - Walk 1/4 mile (or 3 minutes)
- Jog 1/2 mile (or 5 minutes)

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warmup walk, then:

- Jog 1 mile (or 10 minutes)
 - Walk 1/4 mile (or 3 minutes)
- Jog 1 mile (or 10 minutes)

Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.

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Training Plan - Week 7: You can do this! (June 30th – July 6th, 2013)



Starting to feel more comfortable! This week it is all running. Again, each session should take about 20 or 30 minutes, three times a week. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going.

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Before setting out, make sure to precede each session with a five-minute warm up walk or jog.

Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).

Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).

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Training Plan - Week 8: Almost there! (July 7th -13th, 2013)



Almost the whole distance! This week it is all running. Again, each session should take about 20 or 30 minutes, three times a week. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going.

Run for time, or run for distance: *There are two ways to follow this program, to measure your runs by time or by distance. Either one works just as well, choose the option that seems easiest for you to keep track of. If you go with the distance option, and you are not using a track to measure the distances, just estimate. It's not important to have the distances absolutely exact.*

Before setting out, make sure to precede each session with a five-minute warm up walk or jog.

Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).

Workout 3 (done on Thursday, Friday or Saturday)

Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).

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Training Plan - Week 9: Race Week! (July 14th -20th, 2013)



This week is it! You know you are ready. Again, each session should take about 20 or 30 minutes, three times a week. Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going.

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Before setting out, make sure to precede each session with a five-minute warm up walk or jog.

Workout 1 (done on Sunday, Monday or Tuesday)

Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).

Workout 2 (done on Tuesday, Wednesday or Thursday)

Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).

Race Day (done on Saturday)

Brisk, 5-10 minute warm up walk, then Race 3.1 miles! Congratulations!

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