

COUCH TO 5K TRAINING PLAN



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY RECOVERY	TUESDAY BASE RUN	WEDNESDAY ACTIVE RECOVERY	THURSDAY BASE RUN	FRIDAY RECOVERY	SATURDAY "LONG RUN"	SUNDAY ACTIVE RECOVERY
WEEK 1	REST	.5 MILE RUN 1 MIN/ WALK 1 MIN	STRENGTH WORKOUT	1 MILE RUN 1 MIN/ WALK 1 MIN	REST	1.5 MILE RUN 1 MIN/ WALK 1 MIN	STRETCH 30 MIN+
WEEK 2	REST	1 MILE RUN 2 MIN/ WALK 1 MIN	STRENGTH WORKOUT	1.5 MILES RUN 1 MIN/ WALK 1 MIN	REST	2 MILES RUN 1 MIN/ WALK 1 MIN	STRENGTH WORKOUT
WEEK 3	REST	1.5 MILES RUN 2 MIN/ WALK 30 SEC	STRETCH 30 MIN+	2 MILES RUN 2 MIN/ WALK 1 MIN	REST	2.5 MILES RUN 1 MIN/ WALK 30 SEC	STRENGTH WORKOUT
WEEK 4	REST	1 MILE RUN 3 MIN/ WALK 30 SEC	STRENGTH WORKOUT	2 MILES RUN 2 MIN/ WALK 1 MIN	REST	2.5 MILES RUN 2 MIN/ WALK 1 MIN	STRENGTH WORKOUT
WEEK 5	REST	2 MILES RUN 4 MIN/ WALK 1 MIN	STRENGTH WORKOUT	2 MILES RUN 2 MIN/ WALK 1 MIN	REST	3 MILES RUN 3 MIN/ WALK 1 MIN	STRENGTH WORKOUT
WEEK 6	REST	2 MILE RUN 5 MIN/ WALK 30 SEC	STRETCH 30 MIN+	1 MILE RUN 2 MIN/ WALK 1 MIN	REST	3 MILES RUN 5 MIN/ WALK 1 MIN	STRETCH 30 MIN+
WEEK 7	REST	1 MILE RUN 2 MIN/ WALK 1 MIN	REST	3.1 MILES! RUN 5 MIN/ WALK 1 MIN	REST	REST	REST