



Couch to 5k Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5 min brisk walk. 5 rounds of 30 sec jog, 1:30 walk	Rest	5 min brisk walk. 5 rounds of 30 sec jog, 1:00 walk	Rest or Cross-train	5 min brisk walk. 5 rounds of 30 sec jog, 1:00walk	Rest or Cross-train	Rest
Week 2	5 min brisk walk. 8 rounds of 1:00 min jog, 1:00 min walk	Rest	5 min brisk walk. 10 rounds of 1:00 min jog, 1:00 min walk	Rest or Cross-train	5 min brisk walk. 12 rounds of 1:00 min jog, 30 sec walk	Rest or Cross-train	Rest
Week 3	5 min brisk walk. 6 rounds of 2 min. jog, 1 min walk	Rest	5 min brisk walk. 8 rounds of 2 min. jog, 30 sec walk	Rest or Cross-train	5 min brisk walk. 6 rounds of 3 min. jog, 1 min walk	Rest or Cross-train	Rest
Week 4	5 min brisk walk. 7 rounds of 3 min. jog, 1 min walk	Rest	5 min brisk walk. 6 rounds of 4 min. jog, 1 min walk	Rest or Cross-train	5 min brisk walk. 6 rounds of 4 min. jog, 30 sec walk	Rest or Cross-train	Rest
Week 5	5 min brisk walk. 4 rounds of 6 min. jog, 1 min walk	Rest	5 min brisk walk. 4 rounds of 7 min. jog, 1 min walk	Rest or Cross-train	5 min brisk walk. 3 rounds of 8 min. jog, 1 min walk	Rest or Cross-train	Rest
Week 6	5 min brisk walk. 3 rounds of 10 min. jog, 1 min walk	Rest	5 min brisk walk. 3 rounds of 10 min. jog, 30 sec walk	Rest or Cross-train	5 min brisk walk. 2 rounds of 15 min. jog, 2 min walk	Rest or Cross-train	Rest
Week 7	5 min brisk walk. 2 rounds of 20 min. jog, 5 min walk, 10 min jog	Rest	5 min brisk walk. 2 rounds of 15 min. jog, 5 min walk, 15 min jog	Rest or Cross-train	5 min brisk walk. 20 min jog, 5 min walk, 20 min jog	Rest or Cross-train	Rest
Week 8	5 min brisk walk. 15 min jog, 2 min walk, 10 min jog, 1 min walk	Rest	5 min brisk walk. 25 min jog, 5 min walk, 15 min jog	Rest	Rest	Run 5 K at steady pace	Rest and recover