

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Run 1 min Walk 1 min Repeat x 10	Rest	Run 2 mins Walk 4 mins Repeat x 5	Rest	Rest	Run 2 mins Walk 4 mins Repeat x 5
2	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Rest	Run 5 mins Walk 3 mins Repeat x 3
3	Rest	Run 7 mins Walk 2 mins Repeat x 3	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
4	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Run 10 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins, Walk 2 mins Repeat x 3
5	Rest	Run 9 mins Walk 1 min Repeat x 3	Rest	Run 12 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
6	Rest	Run 15 mins Walk 1 min Repeat x 2	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	5K Race!

RUNNER'S WORLD

https://www.shape.com/sites/shape.com/files/media/shape-beginner-5k-training-plan_0.jpg

	Recovery	Base Run	Active Recovery	Base Run	Recovery	Long Run	Active Recovery
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	1 mile	Strength Workout	1 mile	REST	2 miles	Strength Workout
		Run 3 minutes, Walk 30 seconds		Run 1 minute, Walk 1 minute		Run 5 minutes, Walk 1 minute	
Week 2	REST	2 miles	Strength Workout	1.5 miles	REST	2 miles	Strength Workout
		Run 4 minutes, Walk 30 seconds		Run 1 minute, Walk 1 minute		Run 7 minutes, Walk 1 minute	
Week 3	REST	2 miles	Strength Workout	1.5 miles + 4 strides	REST	2.5 miles	Strength Workout
		Run 5 minutes, Walk 30 seconds		Run 2 minutes, Walk 1 minute		Run 8 minutes, Walk 30 seconds	
Week 4	REST	2.5 miles	Strength Workout	2 miles + 4 strides	REST	2.5 miles	Strength Workout
		Run 5 minutes, Walk 30 seconds		Run 2 minutes, Walk 1 minute		Run as much as possible	
Week 5	REST	2.5 miles	Strength Workout	2 miles + 4 strides	REST	3 miles	Strength Workout
		Run 8 minutes, Walk 30 seconds		Run 2 minutes, Walk 1 minute		Run as much as possible	
Week 6	REST	2 miles	Strength Workout	1.5 miles + 4 strides	REST	5k Race! (optional)	REST
		Run 8 minutes, Walk 30 seconds		Run 2 minutes, Walk 1 minute		Run as much as possible	

COUCH TO 5K

An 8 Week Plan For Beginners

allow at least one rest day between sessions.

Training plan prepared by running coach Ed Kerry. Visit coachmag.co.uk/couch-to-5k for the complete plan

	SESSION 1	SESSION 2	SESSION 3
WEEK 1	Run 30sec, walk 30sec repeat 15 times	Run/walk 10min	Walk 5km (timing how long it takes you)
WEEK 2	Run 45sec, walk 45sec repeat 12 times	Run/walk 15min	Walk 5km (aim to beat previous week's time)
WEEK 3	Run 60sec, walk 60sec repeat 10 times	Run/walk 20min	Walk 5km (aim to beat previous week's time)
WEEK 4	Run 90sec, walk 90sec repeat 8 times	Run/walk 25min	Run 1km, walk 4km
WEEK 5	Run 2min, walk 2min repeat 6 times	Run/walk 30min	Run 2km, walk 3km
WEEK 6	Run 3min, walk 2min repeat 5 times	Run/walk 35min	Run 3km, walk 2km
WEEK 7	Run 5min, walk 2min repeat 4 times	Run/walk 40min	Run 4km, walk 1km
WEEK 8	Run 10min, walk 60sec repeat 3 times	Run/walk 45min	Run 5K