

## Beginner 5k Training Program

Adapted from the official Couch to 5k Training Program

### Week 1:

- Day 1, 3, and 5: 5-minute warm-up walk. Next, alternate 30 seconds jogging and 1 minute brisk walking for a total of 20 minutes. End with a 5 minute cool-down walk.
- Day 2 and 4: 25 minutes of walking

### Week 2:

- Day 1, 3 and 5: Same as week 1, except 1 minute of jogging.
- Day 2 and 4: 30 minutes of walking

### Week 3:

- Day 1, 3 and 5: 5-minute warm-up walk, then do two repetitions of the following:
  - Jog 90 sec., brisk walk 90 sec., Jog 2 min., brisk walk 2 min. 5 min. of walking to cool down to finish.
- Day 2 and 4 : 30 minutes of walking

### Week 4:

- Day 1, 3 and 5: 5-minute warm-up walk, then do two repetitions of the following:
  - Jog 90 sec., brisk walk 90 sec., Jog 3 min., brisk walk 3 min. 5 min. of walking to cool down to finish.
- Day 2 and 4: 30 minutes of walking

### Week 5:

- Day 1, 3 and 5: 5-minute warm-up walk, then:
  - Jog ¼ mile (or 3 minutes), Walk 90 seconds
  - Jog ½ mile (or 5 minutes), Walk ¼ mile (or 2 ½ minutes)
  - Jog ¾ mile ( or 3 minutes), Walk 90 seconds
  - Jog ½ mile (or 5 minutes), Cool down walk 5 minutes
- Day 2 and 4: 30 minutes of walking

### Week 6:

- Day 1, 3 and 5: 5-minute warm-up walk, then:
  - Jog ½ mile (or 5 minutes), Walk ¼ mile (or 3 minutes)
  - Jog ½ mile (or 5 minutes), Walk ¼ mile (or 3 minutes)
  - Jog ½ mile (or 5 minutes), Cool down 5 minutes of walking
- Day 2 and 4: 30 minutes walking

### Week 7:

- Day 1, 3 and 5: 5-minute warm-up walk, then:
  - Jog ½ mile (or 5 minutes), Walk ¼ mile (or 3 minutes)
  - Jog ¾ mile (or 8 minutes), Walk ¼ mile (or 3 minutes)
  - Jog ½ mile (or 5 minutes), Cool down 5 minutes of walking
- Day 2 and 4: 30 minutes of walking

### Week 8:

- Day 1, 3 and 5: 5-minute warm-up walk. Jog 2.5 miles (or 25 minutes). End with a 5 minute cool-down walk.
- Day 2 and 4: 30 minutes of walking

### Week 9:

- Day 1, 3 and 5: 5-minute warm-up walk. Jog 2.75 miles (or 28 minutes). End with a 5 minute cool-down walk.
- Day 2 and 4: 30 minutes of walking

### Week 10:

- Day 1 and 3: 5-minute warm-up walk. Jog 3 miles (or 30 minutes). End with a 5 minute cool-down walk.
- Day 2 and 4: 30 minutes of walking
- Day 5: 5k RACE DAY 5-minute warm-up walk before the start of the race, then 3.1 miles running to the finish! After you complete the race, cool down with 5 minutes of walking