

Get Up and Go! Couch to 5k Training Plan



Week	Day	Warm Up	Jog/Walk Intervals	Cool Down	Total Time	Date	Notes
Week 1	1	5 min walk	15 minutes brisk walking	5 min walk	25 minutes		
	2	5 min walk	20 minutes brisk walking	5 min walk	30 minutes		
	3	5 min walk	30 seconds jogging 2 minutes walking X 4	5 min walk	20 minutes		
Week 2	1	5 min walk	30 seconds jogging 2 minutes walking X 6	5 min walk	25 minutes		
	2	5 min walk	30 seconds jogging 2 minutes walking X 6	5 min walk	25 minutes		
	3	5 min walk	30 seconds jogging 2 minutes walking X 8	5 min walk	30 minutes		
Week 3	1	5 min walk	30 sec jog 1.5 min walk X 7	5 min walk	24 minutes		
	2	5 min walk	30 sec jog 1.5 min walk X 8	5 min walk	26 minutes		
	3	5 min walk	30 sec jog 1.5 min walk X 9	5 min walk	28 minutes		
Week 4	1	5 min walk	1 min jog 2 min walk X 4	5 min walk	22 minutes		
	2	5 min walk	1 min jog 2 min walk X 5	5 min walk	25 minutes		
	3	5 min walk	1 min jog 2 min walk X 6	5 min walk	28 minutes		

Week	Day	Warm Up	Jog/Walk Intervals			Cool Down	Total Time	Date	Notes
Week 5	1	5 min walk	1 min jog 1.5 min walk X 6			5 min walk	25 minutes		
	2	5 min walk	1 min jog 1.5 min walk X 8			5 min walk	30 minutes		
	3	5 min walk	1 min jog 1.5 min walk X 8			5 min walk	30 minutes		
Week 6	1	5 min walk	1.5 min jog 2 min walk X 4	1 min jog 1 min walk X 2	5 min walk	28 minutes			
	2	5 min walk	1.5 min jog 2 min walk X 4	1 min jog 1 min walk X 2	5 min walk	28 minutes			
	3	5 min walk	1.5 min jog 2 min walk X 6		5 min walk	21 minutes			
Week 7	1	5 min walk	1.5 min jog 1.5 min walk X 1	2.5 min jog 2.5 min walk X 2	1.5 min jog 1.5 min walk X 1	5 min walk	26 minutes		
	2	5 min walk	1.5 min jog 1.5 min walk X 1	2.5 min jog 2.5 min walk X 2	1.5 min jog 1.5 min walk X 1	5 min walk	26 minutes		
	3	5 min walk	2 min jog 2 min walk X 1	3 min jog 3 min walk X 2	2 min jog 2 min walk X 1	5 min walk	30 minutes		
Week 8	1	5 min walk	3 min jog 2 min walk X 1	4 min jog 3 min walk X 2	3 min jog 2 min walk X 1	5 min walk	34 minutes		
	2	5 min walk	3 min jog 2 min walk X 1	5 min jog 3 min walk X 2	3 min jog 2 min walk X 1	5 min walk	36 minutes		
	3	5 min walk	3 min jog 2 min walk X 1	5 min jog 2 min walk X 2	3 min jog 2 min walk X 1	5 min walk	34 minutes		

Week	Day	Warm Up	Jog/Walk Intervals			Cool Down	Total Time	Date	Notes
Week 8	1	5 min walk	3 min jog 2 min walk X 1	4 min jog 3 min walk X 2	3 min jog 2 min walk X 1	5 min walk	34 minutes		
	2	5 min walk	3 min jog 2 min walk X 1	5 min jog 3 min walk X 2	3 min jog 2 min walk X 1	5 min walk	36 minutes		
	3	5 min walk	3 min jog 2 min walk X 1	5 min jog 2 min walk X 2	3 min jog 2 min walk X 1	5 min walk	34 minutes		
Week 9	1	5 min walk	5 min jog 3 min walk X 1	6 min jog 3 min walk X 1	5 min jog X 1	5 min walk	32 minutes		
	2	5 min walk	5 min jog 3 min walk X 1	8 min jog 5 min walk X 1	5 min jog X 1	5 min walk	36 minutes		
	3	5 min walk	8 min jog	5 min walk	8 min jog	5 min walk	31 minutes		
Week 10	1	5 min walk	10 min jog	5 min walk	10 min jog	5 min walk	35 minutes		
	2	5 min walk	10 min jog	3 min walk	10 min jog	5 min walk	33 minutes		
	3	5 min walk	15 min jog	3 min walk	5 min jog	5 min walk	33 minutes		
Week 11	1	5 min walk	20 min jog			5 min walk	30 minutes		
	2	5 min walk	20 min jog			5 min walk	30 minutes		
	3	5 min walk	25 min jog			5 min walk	35 minutes		
Week 12	1	5 min walk	28 min jog			5 min walk	38 minutes		
	2	5 min walk	30 min jog			5 min walk	40 minutes		
	3	5 min walk	35 min jog			5 min walk	45 minutes		

Race
Date: _____ Finish Time: _____