



Couch to 5K Training Schedule

Weeks 1-5

This program is designed to get you running 3 miles in about 9 weeks. Each session should take about 30 minutes, 3 days per week. Be sure to stretch before and after, and start each session with a 5 minute warm-up walk or jog. The training plan for each week is indicated on the calendar – you do not have to run on the exact dates indicated, do what works best for your schedule. Use this calendar to keep you on track and help you plan for success.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	1 minute jogging 1 ½ minutes walking X 8 or total of 20 min.		1 minute jogging 1 ½ minutes walking X 8 or total of 20 min.		1 minute jogging 1 ½ minutes walking X 8 or total of 20 min.	
Week 2	1 ½ minutes jogging 2 minutes walking X 6 or total of 20 min.		1 ½ minutes jogging 2 minutes walking X 6 or total of 20 min.		1 ½ minutes jogging 2 minutes walking X 6 or total of 20 min.	
Week 3	1 ½ minutes jogging 1 ½ minutes walking 3 minutes jogging 3 minutes walking X 2		1 ½ minutes jogging 1 ½ minutes walking 3 minutes jogging 3 minutes walking X 2		1 ½ minutes jogging 1 ½ minutes walking 3 minutes jogging 3 minutes walking X 2	
Week 4	3 minutes jogging 1 ½ minutes walking 5 minutes jogging 2 ½ minutes walking 3 minutes jogging 1 ½ minutes walking		3 minutes jogging 1 ½ minutes walking 5 minutes jogging 2 ½ minutes walking 3 minutes jogging 1 ½ minutes walking		3 minutes jogging 1 ½ minutes walking 5 minutes jogging 2 ½ minutes walking 3 minutes jogging 1 ½ minutes walking	
Week 5	5 minutes jogging 3 minutes walking X 3		8 minutes jogging 5 minutes walking 8 minutes jogging		Jog 2 miles, or 20 min with no walking	



Couch to 5K Training Schedule

Weeks 6-9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6	5 minutes jogging 3 minutes walking 8 minutes jogging 3 minutes walking 5 minutes jogging		Jog 1 mile, or 10 min. Walk .25 mile, or 3 min Jog 1 mile, or 10 min.		Jog 2.25 miles, or 22 min, with no walking	
Week 7	Jog 2.5 miles, or 25 min., with no walking		Jog 2.5 miles, or 25 min., with no walking		Jog 2.5 miles, or 25 min., with no walking	
Week 8	Jog 2.75 miles		Jog 2.75 miles		Jog 2.75 miles	
Week 9	Jog 3 Miles		Jog 3 Miles		Jog 3 Miles	
RACE WEEK	Continue to train with 3 mile jogs, 3 days per week until race day!					