

COUCH TO 5K

6 Weeks to Race Day



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SUN	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK
MON	60 Sec Run 60 Sec Walk 10 x	90 Sec Run 75 Sec Walk 8 x	4 Min Run 2 Min Walk 5x	7 Min Run 2 Min Walk 5x	8 Min Run 2 Min Walk 8x	15 Min run 2 Min Walk 2x
TUE	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK
WED	60 Sec Run 60 Sec Walk 10 x	2 min Run 90 sec Walk 8 x	6 Min Run 2 Min Walk 4x	8 Min Run 2 Min Walk 4x	10 Min Run 2 Min Walk 4x	15 Min Run 2 Min Walk 2x
THU	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK	BRISK WALK
FRI	60 Sec Run 60 Sec Walk 10 x	2:30 Run 1:45 Walk 8 x	8 Min Run 2 Min Walk 3x	10 Min Run 2 Min Walk 3x	10 min Run 1.5 Min Walk 3 times	6 Min Run 2 Min Walk 3x
SAT	BRISK WALK	BRISK WALK	10 Min Run 2 Min Walk 2x	14 Min Run 3 Min Walk 2x	12 Min Run 1.5 Min Walk 3x	5K RACE

