

COUCH TO 5K PLAN

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12@12	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9		
DAY 1	Total Time: 30 Mins Warm Up 5 minute Brisk Walk Run 1 Minutes Walk 90 Seconds Repeat X8 alternating Run - Walk Cool Down 5 minute easy walk.	Total Time: 31 Mins Warm Up 5 minute Brisk Walk Run 2 Minutes Walk 90 Seconds Repeat X6 alternating Run - Walk Cool Down 5 minute easy walk.	Total Time: 28 Mins Warm Up 5 minute Brisk Walk Run 3 Minutes Walk 90 Seconds Repeat X4 alternating Run - Walk Cool Down 5 minute easy walk.	Total Time: 27 Mins Warm Up 5 minute Brisk Walk Run 3 Minutes Walk 2 Minutes Run 5 Minutes Walk 2 Minutes Run 5 Minutes Cool Down 5 minute easy walk.	Total Time: 31 Mins Warm Up 5 minute Brisk Walk Run 5 Minutes Walk 3 Minutes Run 5 Minutes Walk 3 Minutes Run 5 Minutes Cool Down 5 minute easy walk.	Total Time: 34 Mins Warm Up 5 minute Brisk Walk Run 5 Minutes Walk 3 Minutes Run 8 Minutes Walk 3 Minutes Run 5 Minutes Cool Down 5 minute easy walk.	Total Time: 35 Mins Warm Up 5 minute Brisk Walk Run 25 Minutes Cool Down 5 minute easy walk.	Total Time: 38 Mins Warm Up 5 minute Brisk Walk Run 28 Minutes Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk Run 30 Minutes Cool Down 5 minute easy walk.		
	DAY 2	Total Time: 30 Mins Warm Up 5 minute Brisk Walk Run 1 Minutes Walk 90 Seconds Repeat X8 alternating Run - Walk Cool Down 5 minute easy walk.	Total Time: 31 Mins Warm Up 5 minute Brisk Walk Run 2 Minutes Walk 90 Seconds Repeat X6 alternating Run - Walk Cool Down 5 minute easy walk.	Total Time: 28 Mins Warm Up 5 minute Brisk Walk Run 3 Minutes Walk 90 Seconds Repeat X4 alternating Run - Walk Cool Down 5 minute easy walk.	Total Time: 27 Mins Warm Up 5 minute Brisk Walk Run 3 Minutes Walk 2 Minutes Run 5 Minutes Walk 2 Minutes Run 5 Minutes Cool Down 5 minute easy walk.	Total Time: 31 Mins Warm Up 5 minute Brisk Walk Run 8 Minutes Walk 5 Minutes Run 8 Minutes Cool Down 5 minute easy walk.	Total Time: 33 Mins Warm Up 5 minute Brisk Walk Run 10 Minutes Walk 3 Minutes Run 10 Minutes Cool Down 5 minute easy walk.	Total Time: 35 Mins Warm Up 5 minute Brisk Walk Run 25 Minutes Cool Down 5 minute easy walk.	Total Time: 38 Mins Warm Up 5 minute Brisk Walk Run 28 Minutes Cool Down 5 minute easy walk.	Total Time: 40 Mins Warm Up 5 minute Brisk Walk Run 30 Minutes Cool Down 5 minute easy walk.	
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