



## Couch to 5k 6-Week and 10-Week Training Programs

### 6-Week Training Program

|  | Monday                         | Tuesday         | Wednesday      | Thursday  | Friday                      | Saturday   | Sunday                   |
|---|--------------------------------|-----------------|----------------|---|-----------------------------|--|--------------------------|
| Week One  | Strength workout<br>lower body | Walk 20 minutes | Rest & stretch | Run 5 minutes easy, 5 minutes moderate                  | Strength workout upper body | Walk 5 min, run/walk 10 min (alternate 1 min run & 1 min walk), walk 5 min | Rest & stretch           |
| Week Two  | Strength workout lower body    | Walk 30 minutes | Rest & stretch | Run 5 minutes slow, 5 minutes moderate, 5 minutes quick | Strength workout upper body | Walk 5 min, run/walk 10 min (alternate 1 min run & 1 min walk), walk 5 min | Cross train bike or hike |



|                   |                             |   |                |  |                             |  |                          |
|-------------------|-----------------------------|---|----------------|--|-----------------------------|--|--------------------------|
| <b>Week Three</b> | Strength workout lower body | Walk 30 minutes                           | Rest & stretch | Run 20 min (increase effort every 5 min)                                   | Strength workout upper body | Walk 5 min, run/walk 20 min (alternate 2 min run & 1 min walk),          | Cross train bike or hike |
| <b>Week Four</b>  | Strength workout upper body | Walk 30 minutes                           | Rest & stretch | Walk 5 min run/walk 20 min (alternate 1 min run & 1 min walk) walk 5 min   | Strength workout lower body | Walk 5 min run/walk 20 min (alternate 2 min run & 1 min walk) walk 5 min | Cross train bike or hike |
| <b>Week Five</b>  | Strength workout upper body | Walk 30 minutes                           | Rest & stretch | Run 20 min (increase effort every 5 min)                                   | Strength workout lower body | Walk 5 min run/walk 35 min (alternate 1 min run & 1 min walk) walk 5 min | Cross train bike or hike |
| <b>Week Six</b>   | Strength workout upper body | Run .5 mi moderate 1.5 mi hard .5 mi walk | Rest & stretch | Walk 5 min, run/walk 20 min (alternate 1 min run & 1 min walk), walk 5 min | Rest                        | <b>RACE DAY</b>  | Rest & stretch           |



## 10-Week Training Program

|  | Monday   | Tuesday                    | Wednesday   | Thursday | Friday   | Saturday   | Sunday   |
|---|--|----------------------------|---|----------|----------|--|----------|
| <b>Week One</b>   | Run 1<br>Minute<br>Walk 2<br>Minutes<br>Repeat 5X  | Walk for<br>5-7<br>Minutes | Run 1<br>Minute<br>Walk 1<br>Minute<br>Repeat 8X  | Rest Day | Rest Day | Run 2<br>Minutes<br>Walk 1<br>Minute<br>Repeat 5X  | Rest Day |
| <b>Week Two</b>   | Run 2<br>Minutes<br>Walk 3<br>Minutes<br>Repeat 4X | Rest Day                   | Run 1<br>Minute<br>Walk 1<br>Minute<br>Repeat 10X | Rest Day | Rest Day | Run 3<br>Minutes<br>Walk 4<br>Minutes<br>Repeat 3X | Rest Day |



|                          |   |                                     |   |                 |                 |   |                 |
|--------------------------|---|-------------------------------------|---|-----------------|-----------------|---|-----------------|
| <p><b>Week Three</b></p> | <p>Run 2<br/>Minutes<br/>Walk 2<br/>Minutes<br/>Repeat 5X</p> | <p>Walk for<br/>5-7<br/>Minutes</p> | <p>Run 3<br/>Minutes<br/>Walk 3<br/>Minutes<br/>Repeat 3X</p> | <p>Rest Day</p> | <p>Rest Day</p> | <p>Run 3<br/>Minutes<br/>Walk 2<br/>minutes<br/>Repeat 3X</p> | <p>Rest Day</p> |
| <p><b>Week Four</b></p>  | <p>Run 4<br/>Minutes<br/>Walk 3<br/>Minutes<br/>Repeat 3X</p> | <p>Walk for<br/>5-7<br/>Minutes</p> | <p>Run 1<br/>Minute<br/>Walk 1<br/>Minute<br/>Repeat 12X</p>  | <p>Rest Day</p> | <p>Rest Day</p> | <p>Run 5<br/>Minutes<br/>Walk 3<br/>Minutes<br/>Repeat 3X</p> | <p>Rest Day</p> |
| <p><b>Week Five</b></p>  | <p>Run 7<br/>Minutes<br/>Walk 3<br/>Minutes<br/>Repeat 3X</p> | <p>Walk for<br/>5-7<br/>Minutes</p> | <p>Run 3<br/>Minutes<br/>Walk 2<br/>minutes<br/>Repeat 3X</p> | <p>Rest Day</p> | <p>Rest Day</p> | <p>Run 8<br/>Minutes<br/>Walk 3<br/>Minutes<br/>Repeat 3X</p> | <p>Rest Day</p> |



|                   |   |                            |   |          |          |   |          |
|-------------------|---|----------------------------|---|----------|----------|---|----------|
| <b>Week Six</b>   | Run 8<br>Minutes<br>Walk 2<br>Minutes<br>Repeat 3X  | Walk for<br>5-7<br>Minutes | Run 10<br>Minutes<br>Walk 4<br>Minutes<br>Repeat 2X | Rest Day | Rest Day | Run 1<br>Minute Wak<br>1 Minute<br>Repeat 12X       | Rest Day |
| <b>Week Seven</b> | Run 12<br>Minutes<br>Walk 3<br>Minutes<br>Repeat 2X | Walk for<br>5-7<br>Minutes | Run 3<br>Minutes<br>Walk 1<br>Minute<br>Repeat 8X   | Rest Day | Rest Day | Run 15<br>Minutes<br>Walk 5<br>Minutes<br>Repeat 2X | Rest Day |
| <b>Week Eight</b> | Run 15<br>Minutes<br>Walk 5<br>Minutes<br>Repeat 2X | Walk for<br>5-7<br>Minutes | Run 2<br>Miles<br>Record<br>Time                    | Rest Day | Rest Day | Run 1<br>Minute Wak<br>1 Minute<br>Repeat 12X       | Rest Day |
| <b>Week Nine</b>  | Run 7<br>Minutes<br>Walk 2<br>Minutes<br>Repeat 4X  | Walk for<br>5-7<br>Minutes | Run 3<br>Minutes<br>Walk 1<br>Minute<br>Repeat 8X   | Rest Day | Rest Day | Run 16<br>Minutes<br>Walk 3<br>Minutes<br>Repeat 2X | Rest Day |



|                 |                        |                            |                     |          |          |                     |          |
|-----------------|------------------------|----------------------------|---------------------|----------|----------|---------------------|----------|
| <b>Week Ten</b> | Run 15<br>Minutes..... | Walk for<br>5-7<br>Minutes | Run 2<br>Miles Easy | Rest Day | Rest Day | <b>RACE<br/>DAY</b> | Rest Day |
|-----------------|------------------------|----------------------------|---------------------|----------|----------|---------------------|----------|