



4 WEEK COUCH-TO-5K



WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk 18 min.	Rest	Walk 22 min.	Rest	Walk 26 min.	Rest	Cross train (swimming, biking, etc.)

WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk 10 min., run 2 min., walk 10 min.	Rest	Walk 12 min., run 4 min., walk 10 min.	Rest	Walk 14 min., run 6 min., walk 10 min.	Rest	Cross train (swimming, biking, etc.)

WEEK 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk 10 min., run 8 min., walk 10 min.	Rest	Walk 12 min., run 12 min., walk 8 min.	Rest	30-60 min. cross-train	Walk 12 min., run 16 min., walk 6 min.	Cross train (swimming, biking, etc.)

WEEK 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk 10 min., run 20 min., walk 10 min.	Rest	Walk 10 min., run 10 min., walk 10 min.	Rest	Walk 10 min., run 5 min., walk 10 min.	Rest	Glow Run 5K!