

## **6 Week Couch to 5k Training Plan**

*By Coach James Fletcher*

### **Week 1 - Starting to Jog (THREE workout days, with one off day in between each):**

1. Walk easy for 5 minutes, walk briskly for 5 minutes, and then alternate jogging for 60 seconds, walking for 90 seconds for 10 minutes.
2. Walk easy for 3 minutes, walk briskly for 2 minutes, and then alternate jogging for 60 seconds, walking for 90 seconds for 15 minutes.
3. Walk easy for 5 minutes, walk briskly for 5 minutes, and then alternate jogging for 60 seconds, walking for 90 seconds for 10 minutes.

### **Week 2 - Balancing Jogging and Walking (THREE workout days, with one off day in between each):**

1. Walk easy for 3 minutes, walk briskly for 2 minutes, and then alternate jogging for 60 seconds, walking for 90 seconds for 15 total minutes.
2. Walk easy for 5 minutes, alternate jogging for 60 seconds, walking for 90 seconds for 10 minutes, and then alternate jogging for 30 seconds, walking for 30 seconds for 5 minutes.
3. Walk easy for 3 minutes, walk briskly for 2 minutes, and then alternate jogging for 60 seconds, walking for 90 seconds for 15 total minutes.

### **Week 3 - Starting to Run Faster (THREE workout days, with one off day in between each):**

1. Walk easy for 3 minutes, 1 minute moderate run/1 minute walk x 4, 2 minute moderate run/2 minute walk x 2.
2. Walk moderately for 5 minutes, 3 minute moderate run/2 minute walk x 4.
3. Walk easy for 3 minutes, 1 minute moderate run/1 minute walk x 4, 2 minute moderate run/2 minute walk x 3.

### **Week 4 - Ramping It Up (THREE workout days, with one off day in between each):**

1. Walk easy for 5 minutes, jog for 10 minutes, 3 minute moderate run/2 minute walk x 2.
2. Walk moderately for 5 minutes, 4 minute moderate run/1 minute walk x 4.
3. Walk easy for 5 minutes, jog for 10 minutes, 3 minute moderate run/2 minute walk x 2.

### **Week 5 - Ramping It Up, AGAIN! (THREE workout days, with one off day in between each):**

1. Walk easy for 5 minutes, jog for 15 minutes, 3 minute moderate run/2 minute walk x 2.
2. Walk easy for 5 minutes, 25 minute jog (w/ a 30 second walk if necessary).
3. Walk easy for 5 minutes, jog for 15 minutes, 3 minute moderate run/2 minute walk x 2.

### **Week 6 - Time To Go! (THREE workout days, with one off day in between each):**

1. Walk easy for 5 minutes, 30 minute jog (w/ a 30 second walk if necessary).
2. Walk easy for 5 minutes, 4 minute moderate run/1 minute walk x 4, walk easy for 5 minutes.
3. Go run a 5K! (try not to stop or walk) For local 5k courses, or to map your own, you can use [mapometer.com](http://mapometer.com)