

## COUCH TO 5K TRAINING PROGRAM

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
<b>1</b>		12-Jul OFF	13-Jul 15 mins R/W (R1/W2) x 5	14-Jul OFF	15-Jul 15 mins R/W (R1/W2) x 5	16-Jul OFF	17-Jul 21 mins R/W (R1/W2) x 7	<b>51 Mins</b>
<b>2</b>	18-Jul OFF	19-Jul OFF	20-Jul 20 mins R/W (R2/W2) x 5	21-Jul OFF	22-Jul 20 mins R/W (R2/W2) x 5	24-Jul OFF	25-Jul 25 mins R/W (R3/W2) x 5	<b>65 Mins</b>
<b>3</b>	25-Jul OFF	26-Jul OFF	27-Jul 20 mins R/W (R3/W2) x 4	28-Jul OFF	29-Jul 20 mins R/W (R3/W2) x 4	30-Jul OFF	31-Jul 30 mins R/W (R4/W2) x 5	<b>70 Mins</b>
<b>4</b>	1-Aug OFF	2-Aug OFF	3-Aug 21 mins R/W (R5/W2) x 3	4-Aug OFF	5-Aug 28 mins R/W (R5/W2) x 4	6-Aug OFF	7-Aug 27 mins R/W (R7/W2) x 3	<b>76 Mins</b>
<b>5</b>	8-Aug OFF	9-Aug OFF	10-Aug 27 mins R/W (R7/W2) x 3	11-Aug OFF	12-Aug 24 mins R/W (R7/W1) x 3	13-Aug OFF	14-Aug 30 mins R/W (R8/W2) x 3	<b>81 Mins</b>
<b>6</b>	15-Aug OFF	16-Aug OFF	17-Aug 30 mins R/W (R8/W2) x 3	18-Aug OFF	19-Aug 36 mins R/W (R10/W2) x 3	20-Aug OFF	21-Aug 22 mins R/W (R10/W1) x 2	<b>88 Mins</b>
<b>7</b>	22-Aug OFF	23-Aug OFF	24-Aug 3 10:1 Easy	25-Aug OFF	26-Aug 3 10:1 Easy	27-Aug OFF	28-Aug 3 10:1 Easy	<b>9 Kms</b>
<b>8</b>	29-Aug OFF	30-Aug OFF	31-Aug 3 10:1 Easy	1-Sept OFF	2-Sept 3 10:1 Easy	3-Sept OFF	4-Sept 4 10:1 Easy	<b>10 Kms</b>
<b>9</b>	5-Sept OFF	6-Sept OFF	7-Sept 4 10:1 Easy	8-Sept OFF	9-Sept 3 10:1 Easy	10-Sept OFF	11-Sept 5 10:1 Easy	<b>12 Kms</b>
<b>10</b>	12-Sept OFF	13-Sept OFF	14-Sept 3 10:1 Easy	15-Sept OFF	16-Sept 4 10:1 Easy	17-Sept OFF	18-Sept 4 10:1 Easy	<b>11 Kms</b>
<b>11</b>	19-Sept OFF	20-Sept OFF	21-Sept 3 10:1 Easy	22-Sept OFF	23-Sept 2 10:1 Easy	24-Sept OFF	25-Sept RACE DAY!	<b>10 Kms</b>

## **PREREQUISITE:**

You must be able to walk for 20 minutes prior to starting the training

## **LEGEND:**

R/W            Run and Walk Intervals

(R1/W2) x 5    Run 1 minute, Walk 2 minutes, repeat 5 times

10:1            Run 10 minutes then walk 1 minute

Easy            Run at a pace you can talk and keep for 10 minutes

## **NOTES:**

1. Warm up by walking for 5 minutes
2. Never stretch before an activity, always after
3. Bold numbers are minutes for the first 6 weeks
4. Bold numbers are in kms starting week 7