



# COUCH TO 5K TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	15 min: 5 min brisk walk 5 min run/walk 5 min walk	Strength Training: <u>Glute &amp; Stability</u>	20-30 min: Cross-train	Rest	25 min: 10 min brisk walk 5 min run/walk 10 min walk	Strength Training: <u>Full Body</u>
WEEK 2	Rest	15 min: 5 min brisk walk 5 min run/walk 5 min walk	Strength Training: <u>Glute &amp; Stability</u>	20-30 min: Cross-train	Rest	30 min: 10 min brisk walk 10 min run/walk 10 min walk	Strength Training: <u>Full Body</u>
WEEK 3	Rest	17 min: 5 min brisk walk 7 min run/walk 5 min walk	Strength Training: <u>Glute &amp; Stability</u>	20-30 min: Cross-train Strength Training: <u>Abs</u>	Rest	35 min: 10 min brisk walk 15 min run/walk 10 min walk	Strength Training: <u>Full Body</u>
WEEK 4	Rest	15 min: 5 min brisk walk 10 min run/walk 5 min walk Strength Training: <u>Glute &amp; Stability</u>	Strength Training: <u>Arms &amp; Abs</u>	20 min: 5 min brisk walk 10 min run/walk 5 min walk Strength Training: <u>Glute &amp; Stability</u>	Rest	35 min: 10 min brisk walk 15 min run/walk 10 min walk	Strength Training: <u>Full Body</u>
WEEK 5	Rest	20 min: 5 min brisk walk 10 min run/walk 5 min walk Strength Training: <u>Glute &amp; Stability</u>	Rest	30 min: Cross-train Strength Training: <u>Abs</u>	Rest	40 min: 10 min brisk walk 20 min run/walk 10 min walk	Strength Training: <u>Full Body</u>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	Rest	<p><b>25 min:</b> 5 min brisk walk 15 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	<p><b>Strength Training:</b> <u>Arms &amp; Abs</u></p>	<p><b>22 min:</b> 5 min brisk walk 12 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	Rest	<p><b>45 min:</b> 10 min brisk walk 25 min run/walk 10 min walk</p>	<p><b>Strength Training:</b> <u>Full Body</u></p>
WEEK 7	Rest	<p><b>25 min:</b> 5 min brisk walk 15 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	<p><b>Strength Training:</b> <u>Arms &amp; Abs</u></p>	<p><b>25 min:</b> 5 min brisk walk 15 min run/walk 5 mi walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	Rest	<p><b>45 min:</b> 10 min brisk walk 25 min run/walk 10 min walk</p>	<p><b>Strength Training:</b> <u>Full Body</u></p>
WEEK 8	Rest	<p><b>30 min:</b> 5 min brisk walk 20 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	<p><b>Strength Training:</b> <u>Arms &amp; Abs</u></p>	<p><b>27 min:</b> 5 min walk 17 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	Rest	<p><b>45 min:</b> 10 min brisk walk 30 min run/walk 5 min walk</p>	<p><b>Strength Training:</b> <u>Full Body</u></p>
WEEK 9	Rest	<p><b>30 min:</b> 5 min brisk walk 20 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	<p><b>Strength Training:</b> <u>Arms &amp; Abs</u></p>	<p><b>25 min:</b> 5 min brisk walk 15 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	Rest	<p><b>50 min:</b> 10 min brisk walk 35 min run/walk 5 min walk</p>	<p><b>Strength Training:</b> <u>Full Body</u></p>
WEEK 10	Rest	<p><b>25 min:</b> 5 min brisk walk 15 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	Rest	<p><b>25 min:</b> 5 min brisk walk 15 min run/walk 5 min walk</p> <p><b>Strength Training:</b> <u>Glute &amp; Stability</u></p>	Rest	Rest	<p><b>RACE DAY!</b></p>