C25K card deck

February 18, 2013

1 What is it?

C25K (http://www.coolrunning.com/engine/2/2_3/181.shtml) or Couch – to – 5K is a popular training program for people who want to start jogging. It aims to take you from absolute beginners level to 5 kilometer nonstop run in just nine weeks. This document contains deck of cards with workouts for every single day of training, so you don't have to memorize the intervals. Time on cards is written in format mm:ss.

IMPORTANT: I'm not an author of this program. You must read instruction from link above, and you train on your own responsibility

2 Who is it for?

During interval training it's easy to lose track of what to do next when not having any "cheatsheet" with workout plan. Of course there are plenty of C25K applications for smartphones, but if for some reason you don't want to take yours for jogging, this card deck is for you.

I had one more reason for creating this document, because as board game enthusiast I wanted to learn how to create deck of cards using LATEX. If someone finds it interesting to look how it was made, source code is available on GitHub: https://github.com/krzychu/c25k. If you find any errors, please report them there.

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| WALK | 05:00 | repeat \$\psi\$ for 20:00 | RUN | 00:60 | WALK | 00:90 | WALK | 00:90 | WALK | WALK

WALK | 05:00 repeat ↓ for 20:00 RUN | 00:60 WALK | 00:90 | WALK | 05:00 | repeat ↓ for 20:00 | RUN | 00:60 | WALK | 00:90 |

WALK | 05:00 repeat ↓ for 20:00 RUN | 00:60 WALK | 00:90

WALK | 05:00

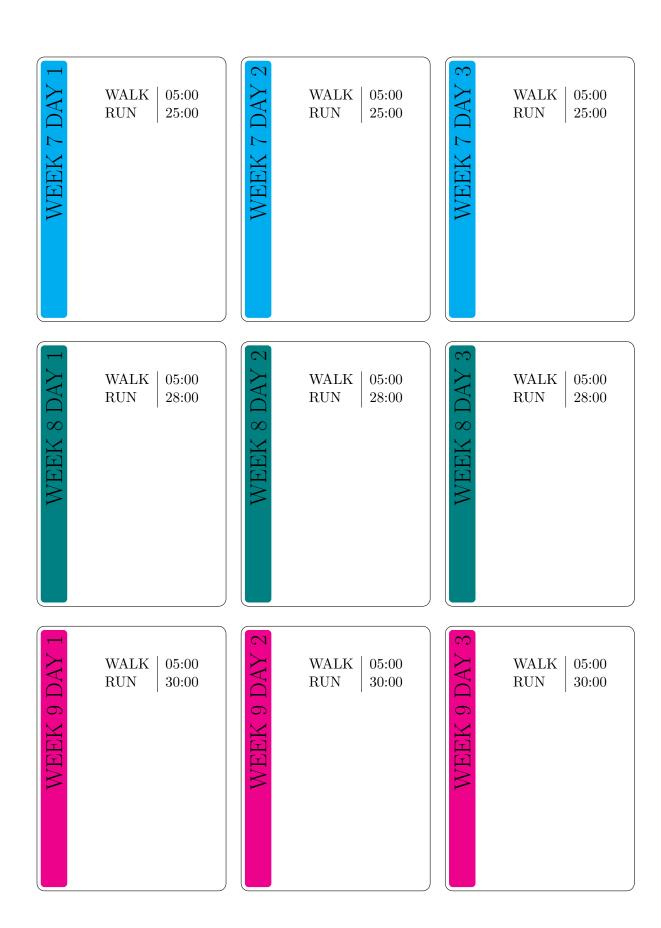
| repeat ↓ ×2
| RUN | 00:90
| WALK | 00:90
| RUN | 03:00
| WALK | 03:00
| WALK | 03:00

WALK | 05:00 repeat ↓ ×2 RUN | 00:90 WALK | 00:90 RUN | 03:00 WALK | 03:00

WALK | 05:00 repeat ↓ ×2 RUN | 00:90 WALK | 03:00 RUN | 03:00 WALK | 03:00

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WALK 05:00 RUN 03:00 WALK 00:90 RUN 05:00 WALK 02:30 RUN 03:00 WALK 00:90 RUN 05:00	WEEK 4 DAY 2	WALK 05:00 RUN 03:00 WALK 00:90 RUN 05:00 WALK 02:30 RUN 03:00 WALK 00:90 RUN 05:00	WEEK 4 DAY 3	WALK 05:00 RUN 03:00 WALK 00:90 RUN 05:00 WALK 02:30 RUN 03:00 WALK 00:90 RUN 05:00
WALK 05:00 RUN 05:00 WALK 03:00 RUN 05:00 WALK 03:00 RUN 05:00	WEEK 5 DAY 2	WALK 05:00 RUN 08:00 WALK 03:00 RUN 08:00	WEEK 5 DAY 3	WALK 05:00 RUN 20:00
WALK 05:00 RUN 05:00 WALK 03:00 RUN 08:00 WALK 03:00 RUN 05:00	WEEK 6 DAY 2	WALK 05:00 RUN 10:00 WALK 03:00 RUN 10:00	WEEK 6 DAY 3	WALK 05:00 RUN 22:00



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