

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.

WEEK 1 DAY 1

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

WEEK 1 DAY 2

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

WEEK 1 DAY 3

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

WEEK 2 DAY 1

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

WEEK 2 DAY 2

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

WEEK 2 DAY 3

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

WEEK 3 DAY 1

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

WEEK 3 DAY 2

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

WEEK 3 DAY 3

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

WEEK 4 DAY 1

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

WEEK 5 DAY 1

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

WEEK 6 DAY 1

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

WEEK 7 DAY 1

WALK	05:00
RUN	25:00

WEEK 7 DAY 2

WALK	05:00
RUN	25:00

WEEK 7 DAY 3

WALK	05:00
RUN	25:00

WEEK 8 DAY 1

WALK	05:00
RUN	28:00

WEEK 8 DAY 2

WALK	05:00
RUN	28:00

WEEK 8 DAY 3

WALK	05:00
RUN	28:00

WEEK 9 DAY 1

WALK	05:00
RUN	30:00

WEEK 9 DAY 2

WALK	05:00
RUN	30:00

WEEK 9 DAY 3

WALK	05:00
RUN	30:00