

# COUCH TO 5K

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MONDAY	REST	REST	REST	REST	REST	REST	REST	REST
TUESDAY	<b>18mins</b>  1 min - POWER WALK/LIGHT JOG  2 mins – WALK  X6	<b>21mins</b>  1.5 min - POWER WALK/LIGHT JOG  2 mins – WALK  X6	<b>24mins</b>  3 mins - LIGHT JOG/EASY RUN  3 mins - WALK  X4	<b>24min</b>  5 mins - LIGHT JOG/EASY RUN  3 mins - WALK  X3	<b>27mins</b>  7mins – JOG/EASY RUN  2 mins – WALK  X3	<b>30mins</b>  8mins – JOG/RUN  2 mins – WALK  X3	<b>30mins</b>  12mins – JOG/RUN  3 mins – WALK  X2	<b>35mins</b>  15mins – JOG/RUN  2.5 mins – WALK  X2
WEDNESDAY	REST	REST	REST	REST	REST	REST	REST	REST
THURSDAY	<b>18mins</b>  1 min - POWER WALK/LIGHT JOG  2 mins – WALK  X6	<b>21mins</b>  1.5 min - POWER WALK/LIGHT JOG  2 mins – WALK  X6	<b>24mins</b>  3 mins - LIGHT JOG/EASY RUN  3 mins - WALK  X4	<b>24min</b>  5 mins - LIGHT JOG/EASY RUN  3 mins - WALK  X3	<b>27mins</b>  7mins – JOG/EASY RUN  2 mins – WALK  X3	<b>30mins</b>  8mins – JOG/RUN  2 mins – WALK  X3	<b>30mins</b>  12mins – JOG/RUN  3 mins – WALK  X2	<b>35mins</b>  15mins – JOG/RUN  2.5 mins – WALK  X2
FRIDAY	REST	REST	REST	REST	REST	REST	REST	REST
SATURDAY	<b>18mins</b>  1 min - POWER WALK/LIGHT JOG  2 mins – WALK  X6	<b>21mins</b>  1.5 min - POWER WALK/LIGHT JOG  2 mins – WALK  X6	<b>24mins</b>  3 mins - LIGHT JOG/EASY RUN  3 mins - WALK  X4	<b>24min</b>  5 mins - LIGHT JOG/EASY RUN  3 mins - WALK  X3	<b>27mins</b>  7mins – JOG/EASY RUN  2 mins – WALK  X3	<b>30mins</b>  8mins – JOG/RUN  2 mins – WALK  X3	<b>30mins</b>  12mins – JOG/RUN  3 mins – WALK  X2	REST
SUNDAY	REST	LONG WALK/JOE 2KM  (Focus on distance not time)	REST	LONG LIGHT JOG/EASY RUN 3 KM  (Focus on distance not time)	REST	JOG/EASY RUN 4 KM  (Focus on distance not time)	JOG/RUN 4 KM  (Focus on distance not time)	FINAL RUN  <b>5K</b>