



# COUCH TO 5K RUN TRAINING SCHEDULE

PLEASE NOTE: To participate in this Couch to 5K run training program, you should have no major health problems and be in reasonably good health. Discuss this program with you doctor if you have any doubts about your health prior to starting. (Adapted from Hal Higdon's 8-K Training Guide)

DAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK #	OCT 4	OCT 5	OCT 6	OCT 7	OCT 8	OCT 9	OCT 10
1	1 min run / 1.5 min walk for 20 min	Rest or cross-train	1 min run / 1.5 min walk for 20 min	Rest or cross-train	1 min run / 1.5 min walk for 20 min	Rest or cross-train	Rest
	OCT 11	OCT 12	OCT 13	OCT 14	OCT 15	OCT 16	OCT 17
2	1.5 min run / 2 min walk for 20 min	Rest or cross-train	1.5 min run / 2 min walk for 20 min	Rest or cross-train	1.5 min run / 2 min walk for 20 min	Rest or cross-train	Rest
	OCT 18	OCT 19	OCT 20	OCT 21	OCT 22	OCT 23	OCT 24
3	2 min run / 2 min walk for 20 min	Rest or cross-train	2.5 min run / 2.5 min walk for 20 min	Rest or cross-train	2.5 min run / 2.5 min walk for 20 min	Rest or cross-train	Rest
	OCT 25	OCT 26	OCT 27	OCT 28	OCT 29	OCT 30	OCT 31
4	3 min run / 2 min walk for 20 min	Rest or cross-train	3 min run / 2 min walk for 20 min	Rest or cross-train	4 min run / 2.5 min walk for 20 min	Rest or cross-train	Rest
	NOV 1	NOV 2	NOV 3	NOV 4	NOV 5	NOV 6	NOV 7
5	5 min run / 3 min walk (x3)	Rest or cross-train	8 min run / 5 min walk / 8 min run	Rest or cross-train	20 min run	Rest or cross-train	Rest
	NOV 8	NOV 9	NOV 10	NOV 11	NOV 12	NOV 13	NOV 14
6	6 min run / 3 min walk (x2)	Rest or cross-train	10 min run / 3 min walk / 10 min run	Rest or cross-train	25 min run	Rest or cross-train	Rest
	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20	NOV 21
7	25 min run	Rest or cross-train	25 min run	Rest or cross-train	25 min run	Rest or cross-train	Rest
	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26	NOV 27	NOV 28
8	30 min run	Rest or cross-train	30 min run	Rest or cross-train	30 min run	Rest	RACE DAY!

Start off every workout with a brisk 5-minute walk to warm up.

Don't worry about your speed – just focus on being able to keep running (even if it's slow!)

If in doubt or feeling tired, take an extra rest day or repeat a week.

**PLEASE NOTE:** Depending on your own particular schedule, you may want to juggle workouts, substituting one day's workout for another. It doesn't matter much on which day you do specific workouts as long as you are consistent with your training.