Couch to 5K plan

Nine weeks, three runs a week. Tick each run when it is done.

NAME

START DATE

WEEK	RUN 1	RUN 2	RUN 3
WEEK 1	Run 1 min, walk 90 s, × 8 ☐	Run 1 min, walk 90 s, × 8 ☐	Run 1 min, walk 90 s, × 8 ☐
WEEK 2	Run 90 s, walk 2 min, × 6 ☐	Run 90 s, walk 2 min, × 6 ☐	Run 90 s, walk 2 min, × 6 ☐
WEEK 3	Run 90 s, walk 90 s, run 3 min, walk 3 min, × 2 ☐	Run 90 s, walk 90 s, run 3 min, walk 3 min, × 2 ☐	Run 90 s, walk 90 s, run 3 min, walk 3 min, × 2 ☐
WEEK 4	Run 3, walk 90 s, run 5, walk 2½, run 3, walk 90 s, run 5 ☐	Run 3, walk 90 s, run 5, walk 2½, run 3, walk 90 s, run 5 ☐	Run 3, walk 90 s, run 5, walk 2½, run 3, walk 90 s, run 5 ☐
WEEK 5	Run 5, walk 3, × 3 ☐	Run 8, walk 5, run 8 ☐	Run 20 min ☐
WEEK 6	Run 5, walk 3, run 8, walk 3, run 5 ☐	Run 10, walk 3, run 10 ☐	Run 25 min ☐
WEEK 7	Run 25 min ☐	Run 25 min ☐	Run 25 min ☐
WEEK 8	Run 28 min ☐	Run 28 min ☐	Run 28 min ☐
WEEK 9	Run 30 min ☐	Run 30 min ☐	Run 30 min ☐

Every run starts with a 5 minute walk. Run slowly enough to talk. Repeat a week if you need to.