

Couch to 5k

Week	Workout 1	Workout 2	Workout 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. <input type="checkbox"/>
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes. <input type="checkbox"/>
3	Brisk five-minute warmup walk, then do two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 90 seconds • Walk for 90 seconds • Jog for 3 minutes • Walk for 3 minutes 	Brisk five-minute warmup walk, then do two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 90 seconds • Walk for 90 seconds • Jog for 3 minutes • Walk for 3 minutes 	Brisk five-minute warmup walk, then do two repetitions of the following: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 90 seconds • Walk for 90 seconds • Jog for 3 minutes • Walk for 3 minutes
4	Brisk five-minute warmup walk, then: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 3 minutes • Walk for 90 seconds • Jog for 5 minutes • Walk for 2½ minutes • Jog for 3 minutes • Walk for 90 seconds • Jog for 5 minutes 	Brisk five-minute warmup walk, then: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 3 minutes • Walk for 90 seconds • Jog for 5 minutes • Walk for 2½ minutes • Jog for 3 minutes • Walk for 90 seconds • Jog for 5 minutes 	Brisk five-minute warmup walk, then: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 3 minutes • Walk for 90 seconds • Jog for 5 minutes • Walk for 2½ minutes • Jog for 3 minutes • Walk for 90 seconds • Jog for 5 minutes
5	Brisk five-minute warmup walk, then: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 5 minutes • Walk for 3 minutes • Jog for 5 minutes • Walk for 3 minutes • Jog for 5 minutes 	Brisk five-minute warmup walk, then: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 8 minutes • Walk for 5 minutes • Jog for 8 minutes 	Brisk five-minute warmup walk, then jog for 20 minutes with no walking. <input type="checkbox"/>
6	Brisk five-minute warmup walk, then: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 5 minutes • Walk for 3 minutes • Jog for 8 minutes • Walk for 3 minutes • Jog for 5 minutes 	Brisk five-minute warmup walk, then: <input type="checkbox"/> <ul style="list-style-type: none"> • Jog for 10 minutes • Walk for 3 minutes • Jog for 10 minutes 	Brisk five-minute warmup walk, then jog for 25 minutes with no walking. <input type="checkbox"/>
7	Brisk five-minute warmup walk, then jog for 25 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk, then jog for 25 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk, then jog for 25 minutes. <input type="checkbox"/>
8	Brisk five-minute warmup walk, then jog for 28 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk, then jog for 28 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk, then jog for 28 minutes. <input type="checkbox"/>
9	Brisk five-minute warmup walk, then jog for 30 minutes. <input type="checkbox"/>	Brisk five-minute warmup walk, then jog for 30 minutes. <input type="checkbox"/>	The final workout! Congratulations! Brisk five-minute warmup walk, then jog for 30 minutes. <input type="checkbox"/>