

SAMPLE COUCH TO 5K PLAN-6 WEEK PLAN

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Time		
Month 1	<i>Week 1</i>	Run	(Run 30s, Walk 1:30) x 5	(Run 1 min, walk 1 min) x 10	Rest	(Run 2 mins, walk 2 mins) x 5	Rest	(Run 2 mins, walk 2 mins) x 6	Rest	74mins	
		Strength Train	5 mins of core		10 mins body strength		10 mins body strength				25mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility	Post strength cool down/stretch	Post run cool down/stretch	Post strength cool down/stretch	Post run stretch/hip mobility			
	<i>Week 2</i>	Run	(Run 1 min, walk 1 min) x 10	(Run 2 mins, walk 3 mins) x 6	Rest	(Run 3 mins, walk 3 mins) x 5	Rest	(Run 3 mins, walk 3 mins) x 5	Rest	110mins	
		Strength Train	7 mins core		10 mins body strength		10 mins body strength				27mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility	Post strength cool down/stretch	Post run cool down/stretch	Post strength cool down/stretch	Post run stretch/hip mobility			
	<i>Week 3</i>	Run	(Run 2 mins, walk 3 mins) x 6	(Run 5 mins, walk 3 mins) x 3	Rest	(Run 7 mins, walk 2 mins) x 3	Rest	(Run 8 mins, walk 2 mins) x 3	Rest	111mins	
		Strength Train	8 mins core		15 mins body strength		15 mins body strength				38mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility	Post strength cool down/stretch	Post run cool down/stretch	Post strength cool down/stretch	Post run stretch/hip mobility	Hip mobility/ankle stability		
	<i>Week 4</i>	Run	(Run 5 mins, walk 3 mins) x 3	(Run 8 mins, walk 2 mins) x 2 (Run 10mins, walk 5 mins) x 1	Rest	(Run 10mins, walk 2 mins) x 2 (Run 5 mins, walk 3 mins) x 1	Rest	(Run 9 mins, walk 1 min) x 3	Rest	121mins	
		Strength Train	10 mins core		20 mins body strength		20 mins body strength				50mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility	Post strength cool down/stretch	Post run cool down/stretch	Post strength cool down/stretch	Post run stretch/hip mobility	Hip mobility/ankle stability		
Month 2	<i>Week 5</i>	Run	(Run 8 mins, walk 2 mins) x 2 (Run 10mins, walk 5 mins) x 1	(Run 10 mins, walk 3 mins) x 3	Rest	(Run 12 mins, walk 3 mins) x 3	Rest	(Run 15 mins, walk 3 mins) x 2	Rest	152mins	
		Strength Train	10 mins core		15 mins body strength		15 mins body strength				40mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility	Post strength cool down/stretch	Post run cool down/stretch	Post strength cool down/stretch	Post run stretch/hip mobility	Hip mobility/ankle stability		
	<i>Week 6</i>	Run	(Run 10 mins, walk 3 mins) x 3	(Run 15 mins, walk 1 min) x 2 (Run 5mins, walk 1 min) x 1	Rest	(Run 8 mins, walk 2 mins) x 3	Rest	(Run 4 mins, walk 1 min) x 5	Rest	129mins	
		Strength Train	10 mins core		15 mins body strength		15 mins body strength				40mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility	Post strength cool down/stretch	Post run cool down/stretch	Post strength cool down/stretch	Post run stretch/hip mobility	Hip mobility/ankle stability		
	RACE WEEK!	Run									
		Stretch	RACE DAY!								