

COUCH TO 5K TRAINING PLAN:



6 WEEKS - FOR PEOPLE WHO DON'T RUN!

THIS PLAN IS DESIGNED FOR PEOPLE WHO DON'T RUN REGULARLY,
BUT HAVE SOME FITNESS FROM OTHER PURSUITS OR SPORTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	8 Minute Long Run
2	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	12 Minute Long Run
3	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	5 x 2 min walk / 4 min run	Rest or Cross-train	Rest or Cross-train	16 Minute Long Run
4	Rest or Cross-train	5 x 2 min walk / 5 min run	Rest or Cross-train	3 x 2 min walk / 7 min run	Rest or Cross-train	Rest or Cross-train	20 Minute Long Run
5	Rest or Cross-train	3 x 2 min walk / 7 min run	Rest or Cross-train	2 x 2 min walk / 10 min run	Rest or Cross-train	Rest or Cross-train	26 Minute Long Run
6	Rest or Cross-train	2 x 2 min walk / 12 min run	Rest or Cross-train	3 x 1 min walk / 7 min run	Rest or Cross-train	Rest	Run 5K!

- 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!)
- For the Sunday long runs, try to run the whole way - but walking breaks are acceptable.
- If in doubt or feeling tired, take an extra rest day or repeat a week.
- Strength train 3 x per week.
- Get the full Couch To 5K Training Plan + Advice at marathonhandbook.com

MARATHON HANDBOOK

C25k The Couch To 5k Beginner Running Program

JR Anderson



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