

8 WEEK COUCH TO 5K TRAINING PROGRAM

| WEEK | MON | TUES | WED | THUR | FRID | SAT | SUN |
|------|--------------|-------------|--------------|-------------|------|----------------|----------------|
| 1 | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest | 1.5 mile walk | 30-60 min walk |
| 2 | Rest or walk | 15 min walk | Rest or walk | 15 min walk | Rest | 1.75 mile walk | 35-60 min walk |
| 3 | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest | 2.0 mile walk | 40-60 min walk |
| 4 | Rest or walk | 20 min walk | Rest or walk | 20 min walk | Rest | 2.25 mile walk | 45-60 min walk |
| 5 | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest | 2.50 mile walk | 50-60 min walk |
| 6 | Rest or walk | 25 min walk | Rest or walk | 25 min walk | Rest | 2.75 mile walk | 55-60 min walk |
| 7 | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest | 3.0 mile walk | 60 min walk |
| 8 | Rest or walk | 30 min walk | Rest or walk | 30 min walk | Rest | Rest | 5k Race 🕶️ |