

COUCH TO 5K

9-WEEK TRAINING PLAN

DESIGNED FOR
COMPLETE BEGINNERS



1	1 min running / 1.5 min walking for 20 mins	Cross Train	1 min running / 1.5 min walking for 20 mins	Rest Day	1 min running / 1.5 min walking for 20 mins	Cross Train	Rest Day
2	2 min running / 2 min walking for 20 mins	Cross Train	2 min running / 2 min walking for 20 mins	Rest Day	2 min running / 2 min walking for 20 mins	Cross Train	Rest Day
3	3 min running / 2 min walking for 20 mins	Cross Train	3 min running / 2 min walking for 20 mins	Rest Day	3 min running / 2 min walking for 20 mins	Cross Train	Rest Day
4	5 min running / 3 min walking for 21 mins	Cross Train	5 min running / 3 min walking for 21 mins	Rest Day	5 min running / 3 min walking for 21 mins	Cross Train	Rest Day
5	6 min running / 3 min walk / 6 min running	Cross Train	8 min running / 5 min walk / 8 min running	Rest Day	20 min running	Cross Train	Rest Day
6	5 min running / 3 min walk / 8 min running / 3 min walk / 5 min running	Cross Train	10 min running / 3 min walk / 10 min running	Rest Day	25 min running	Cross Train	Rest Day
7	25 min running	Cross Train	25 min running	Rest Day	25 min running	Cross Train	Rest Day
8	28 min running	Cross Train	28 min running	Rest Day	28 min running	Cross Train	Rest Day
9	30 min running	Cross Train	30 min running	Rest Day	30 min running	Rest Day	5K RACE!

- START EACH SESSION WITH A BRISK 5 MIN WARMUP WALK
- DON'T WORRY ABOUT YOUR SPEED, JUST TRY AND KEEP RUNNING
- TAKE AN EXTRA REST DAY OR REPEAT A WEEK IF TIRED
- GENTLE WALK, CYCLE OR SWIM ON CROSS TRAINING DAYS

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