

Couch to 5K Running Plan

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Group run 8:00 a.m.	On your own	On your own	On your own	Group run 5:30 p.m.	On your own	On your own
1 3/7	Brisk 5-min. warmup walk, then 8 repetitions of the following: -60 sec. jogging -90 sec. walking	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 8 repetitions of the following: -60 sec. jogging -90 sec. walking	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 8 repetitions of the following: -60 sec. jogging -90 sec. walking	30-45 min. brisk walking	30-45 min. brisk walking
2 3/14	Brisk 5-min. warmup walk, then 6 repetitions of the following: -90 sec. jogging -2 min. walking	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 6 repetitions of the following: -90 sec. jogging -2 min. walking	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 6 repetitions of the following: -90 sec. jogging -2 min. walking	30-45 min. brisk walking	30-45 min. brisk walking
3 3/21	Brisk 5-min. warmup walk, then 2 repetitions of the following: -90 sec. jogging -90 sec. walking -3 min. jogging -3 min. walking	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 2 repetitions of the following: -90 sec. jogging -90 sec. walking -3 min. jogging -3 min. walking	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 2 repetitions of the following: -90 sec. jogging -90 sec. walking -3 min. jogging -3 min. walking	30-45 min. brisk walking	30-45 min. brisk walking
4 3/28	Brisk 5-min. warmup walk, then: -3 min. jogging -90 sec. walking -5 min. jogging -2 1/2 min. walking -3 min. jogging -90 sec. walking -5 min. jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then: -3 min. jogging -90 sec. walking -5 min. jogging -2 1/2 min. walking -3 min. jogging -90 sec. walking -5 min. jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then: -3 min. jogging -90 sec. walking -5 min. jogging -2 1/2 min. walking -3 min. jogging -90 sec. walking -5 min. jogging	30-45 min. brisk walking	30-45 min. brisk walking

Couch to 5K Running Plan

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Group run 8 a.m.	On your own	On your own	On your own	Group run 5:30 p.m.	On your own	On your own
5 4/4	Brisk 5-min. warmup walk, then: -5 min. jogging -3 min. walking -5 min. jogging -3 min. walking -5 min. jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then -8 min. jogging -5 min. walking -8 min. jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 20 min. jogging with no walking	30-45 min. brisk walking	30-45 min. brisk walking
6 4/11	Brisk 5-min. warmup walk, then: -5 min. jogging -3 min. walking -8 min. jogging -3 min. walking -5 min. jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then: -10 min. jogging -3 min. walking -10 min. jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 25 min. jogging with no walking	30-45 min. brisk walking	30-45 min. brisk walking
7 4/18	Brisk 5-min. warmup walk, then 28 minutes of jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 28 minutes of jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 28 minutes of jogging	30-45 min. brisk walking	Brisk 5-min. warmup walk, then 30 minutes of jogging
	On your own	Group Run 2 7 a.m., 4/26	On your own	On your own	On your own	On your own	On your own
8 4/25	30-45 min. brisk walking	Oklahoma City Memorial Marathon	Continue on your own!				