Sample Couch to 5K Plan-12 week plan

			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Time
Month 1	Week 1	Run	(5min walk, 1 min run) x 2	(Run 1 min, walk 4 mins) x 3	Rest	(Run 1 min, walk 3 mins) x 4	Rest	(Run 1 min, walk 2 mins) x 7	Rest	64mins
		Strength Train	3mins core			3mins core		3 mins core		9mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility		Post run cool down/stretch		Post run stretch/hip mobility		
	Week 2	Run	(Run 30s, Walk 1:30) x 5	(Run 1 min, walk 2 min) x 7	Rest	(Run 2 mins, walk 2 mins) x 5	Rest	(Run 2 mins, walk 2 mins) x 6	Rest	75mins
		Strength Train	5 mins of core		8 mins body strength		8 mins body strength			21mins
		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		
	Week 3	Run	(Run 1 min, walk 1 min) x 10	(Run 2 mins, walk 3 mins) x 5	Rest	(Run 3 mins, walk 3 mins) x4	Rest	(Run 3 mins, walk 3 mins) x 4	Rest	93 mins
		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		
	Week 4	Run	(Run 2 mins, walk 3 mins) x 5	(Run 4 mins, walk 4 mins) x 3	Rest	(Run 5 mins, walk 4 mins) x 3	Rest	(Run 6 mins, walk 4 mins) x 3	Rest	106mins
		Strength Train	8 mins core		12 mins body strength		12 mins body strength			32mins
		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	

			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Time
Month 2	Week 5	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	
	Week 6	Run	(Run 5 mins, walk 3 mins) x 4	(Run 2 mins, walk 3 mins) x 6	Rest	(Run 7 mins, walk 3 mins) x 4	Rest	(Run 10 mins, walk 2 mins) x 2	Rest	126mins
		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	
	Week 7	Run	(Run 2 mins, walk 3 mins) x 8	(Run 10 mins walk 1 min) x 1 (Run 3 mins, walk 1 min) x 5	Rest	(Run 8 mins, walk 2 mins) x 3	Rest	(Run 12 mins, walk 2 mins) x 2	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	
	Week 8	Run	(Run 10 mins walk 1 min) x 1 (Run 3 mins, walk 1 min) x 5	(Run 5 mins, walk 3 mins) x 4	Rest	(Run 9 mins, walk 1 mins) x 3	Rest	(Run 12 mins, walk 2 mins) x 2 (Run 10 mins, walk 2 min) x 1	Rest	133mins
		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	

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Month 3	Week 9	Run	(Run 8 mins, walk 2 mins) x 2 (Run 10mins, walk 5 mins) x 1	(Run 10 mins, walk 5 mins) x 2	Rest	(Run 10mins, walk 2 mins) x 2 (Run 4 mins, walk 1 mins) x 2	Rest	(Run 12 mins, walk 3 min) x 2 (Run 7 mins, walk 2) x 1	Rest	143mins
		Strength Train	10 mins core		20 mins body strength		15 mins body strength			45mins
		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	
	Week 10	Run	(Run 10 mins, walk 5 mins) x 2 (Run 6 mins walk 2 mins) x 1	(Run 12 mins, walk 5 mins) x 2	Rest	(Run 10mins, walk 2 mins) x 2 (Run 4 mins, walk 1 mins) x 3	Rest	(Run 12 mins, walk 3 min) x 2 (Run 8 mins, walk 2) x 1	Rest	151mins
		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	
	Week 11	Run	(Run 10 mins, walk 5 mins) x 2	(Run 12 mins, walk 3 mins) x 2	Rest	(Run 12 mins, walk 4 mins) x 3	Rest	(Run 15 mins, walk 3 mins) x 2	Rest	145mins
		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	
	Week 12	Run	(Run 10 mins, walk 3 mins) x 3	(Run 15 mins, walk 1 mins) 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) x5	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	RACE DAY!							
		Stretch								