

# SAMPLE COUCH TO 5K PLAN - 8 WEEK PLAN

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Time	
<b>Month 1</b>	<i>Week 1</i>	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		9 mins
		Stretch	Post run cool down/stretch	Post run stretch/hip mobility		Post run cool down/stretch		Post run stretch/hip mobility		
	<i>Week 2</i>	Run	(Run 30s, Walk 1:30) x 5	(Run 1 min, walk 1 min) x 10	Rest	(Run 2 mins, walk 2 mins) x 5	Rest	(Run 2 mins, walk 2 mins) x 6	Rest	74mins
		Strength Train	5 mins of core		10 mins body strength		10 mins body strength			25mins
		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		
	<i>Week 3</i>	Run	(Run 1 min, walk 1 min) x 10	(Run 2 mins, walk 3 mins) x 6	Rest	(Run 3 mins, walk 3 mins) x 5	Rest	(Run 3 mins, walk 3 mins) x 5	Rest	110mins
		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		
	<i>Week 4</i>	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	
<b>Month 2</b>	<i>Week 5</i>	Run	(Run 5 mins, walk 3 mins) x 3	(Run 8 mins, walk 2 mins) x 2 (Run 10mins, walk 5 mins) x 1	Rest	(Run 10mins, walk 2 mins) x 2 (Run 5 mins, walk 3 mins) x 1	Rest	(Run 9 mins, walk 1 min) x 3	Rest	121mins
		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	
	<i>Week 6</i>	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		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	
	<i>Week 7</i>	Run	(Run 10 mins, walk 5 mins) x 2	(Run 12 mins, walk 3 mins) x 2 (Run 4 mins, walk 2 min) x 1	Rest	(Run 12 mins, walk 4 mins) x 3	Rest	(Run 15 mins, walk 3 mins) x 2	Rest	150mins
		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	
	<i>Week 8</i>	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) x 5	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	
	<b>RACE WEEK!</b>	Run								
		Stretch	RACE DAY!							