

WORKOUT PLAN: COUCH TO 5K

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 X 3 MINUTES JOGGING, 3 MINUTES WALKING BREAK	REST DAY	5 X 3 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	REST DAY	20 MINUTES STRAIGHT JOGGING	REST DAY
2	5 X 4 MINUTES JOGGING, 3 MINUTES WALKING BREAK	REST DAY	5 X 4 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	REST DAY	25 MINUTES STRAIGHT JOGGING	REST DAY
3	5 X 5 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	5 X 5 MINUTES JOGGING, 1 MINUTE WALKING BREAK	REST DAY	REST DAY	30 MINUTES STRAIGHT JOGGING	REST DAY
4	3 X 7 MINUTES JOGGING, 2 MINUTES WALKING BREAK	REST DAY	3 X 7 MINUTES JOGGING, 1 MINUTE WALKING BREAK	REST DAY	REST DAY	30 MINUTES STRAIGHT JOGGING	REST DAY
5	3 X 8 MINUTES JOGGING, 3 MINUTES WALKING BREAK	REST DAY	3 X 8 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	REST DAY	30 MINUTES STRAIGHT JOGGING	REST DAY
6	3 X 10 MINUTES JOGGING, 3 MINUTES WALKING BREAK	REST DAY	3 X 10 MINUTES JOGGING, 1:30 MINUTES WALKING BREAK	REST DAY	REST DAY	35 MINUTES STRAIGHT JOGGING	REST DAY
7	2 X 15 MINUTES JOGGING, 5 MINUTES WALKING BREAK	REST DAY	30 MINUTES STRAIGHT JOGGING	REST DAY	REST DAY	25 MINUTES STRAIGHT JOGGING	REST DAY
8	2 X 20 MINUTES WALKING, 5 MINUTES WALKING BREAK	REST DAY	REST DAY	2 X 25 MINUTES JOGGING, 10 MINUTES WALKING BREAK	REST DAY	REST DAY	JOG FOR 5K STRAIGHT!