



GO from your Couch to 5K

BY DOING 3 WORKOUTS EVERY WEEK




	Workout 1	Workout 2	Workout 3
Week 1	START HERE → 5-minute warm up walk. Then brisk 20 minute walk.	5-minute warm up walk. Then brisk 20 minute walk.	5-minute warm up walk. Then brisk 20-minute walk.
Week 2	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.
Week 3	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.
Week 4	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes.	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes.	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes. BRAVO!!! ALMOST HALFWAY MARK
Week 5	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.	5-minute warm up walk. Jog 2 minutes walk 90, seconds, jog 5 minutes walk 2.5 minutes, jog 3 minutes walk 90 seconds, jog 5 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds walk 90 seconds followed by jog 3 minutes walk 3 minutes.
Week 6	5-minute warm up walk. Then jog 2 minutes walk 90 seconds jog 5 minutes walk 2.5 minutes walk 90 seconds, jog 5 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.
Week 7	5-minute warm up walk. Then jog 8 minutes walk 5 minutes, jog 8 minutes.	5-minute warm up walk. Then jog 20 minutes with as little walking as possible.	5-minute warm up walk. Then jog 20 minutes with as little walking as possible.
Week 8	5-minute warm up walk. Then jog 8 minutes walk 3, jog 5 minutes walk 3. Jog 5 minutes.	5-minute warm up walk. Then jog 10 minutes, walk 3, jog 10 minutes.	5-minute warm up walk. Then jog 27 minutes.
Week 9	5-minute warm up walk. Then jog 25 minutes.	5-minute warm up walk. Then jog 26 minutes.	5-minute warm up walk. Then jog 25 minutes.
Week 10	5-minute warm up walk. Then jog 28 minutes.	5-minute warm up walk. Then jog 29 minutes.	CONGRATS!!! FINAL WORKOUT 5-minute warm up walk. Then jog 30 minutes.

This beginners "Couch to 5K" was created with our friends at Florida State University.