



# COUCH TO 5K PLAN

WEEK	WORKOUT DAYS	WORKOUT DURATION	INTERVALS
1	3 DAYS A WEEK	15-20 MINUTES	30-SECOND INTERVALS OF WALKING FAST OR JOGGING FOLLOWED BY 1 MINUTE OF WALKING AT A MODERATE PACE
2	4 DAYS A WEEK	20-25 MINUTES	45-SECOND INTERVALS OF WALKING FAST OR JOGGING FOLLOWED BY 45 SECONDS OF WALKING AT A MODERATE PACE
3	4 DAYS A WEEK	20-25 MINUTES	60-SECOND INTERVALS OF WALKING FAST OR JOGGING FOLLOWED BY 45 SECONDS OF WALKING AT A MODERATE PACE
4	4 DAYS A WEEK	25-30 MINUTES	90-SECOND INTERVALS OF WALKING FAST OR JOGGING FOLLOWED BY 60 SECONDS OF WALKING AT A MODERATE PACE
5	4 OR 5 DAYS A WEEK	25-30 MINUTES	2-MINUTE INTERVALS OF WALKING FAST OR JOGGING FOLLOWED BY 30 SECONDS OF WALKING AT A MODERATE PACE
6	3 DAYS A WEEK	30-35 MINUTES	2- TO 5-MINUTE INTERVALS OF WALKING FAST OR JOGGING FOLLOWED BY WALKING AT A MODERATE PACE AS LONG AS YOU NEED

