

C2 5K TRAINING PLAN RBEGINNER



COUCH 2 5k - RUN A 5K IN 8 WEEKS

WK	M	W	F
1	5 min warm up 1 min run/1.5 min walk 8x repeats 20 min 5 min cool down	5 min warm up 1 min run/1.5 min walk 8x repeats 20 min 5 min cool down	5 min warm up 1 min run/1.5 min walk 8x repeats 20 min 5 min cool down
2	5 min warm up 1.5 min run/2 min walk 6x repeats 21 min 5 min cool down	5 min warm up 1.5 min run/2 min walk 6x repeats 21 min 5 min cool down	5 min warm up 1.5 min run/2 min walk 6x repeats 21 min 5 min cool down
3	5 min warm up 2 min run/2 min walk 5x repeats 20 min 5 min cool down	5 min warm up 2.5 min run/2.5 min walk 4x repeats 20 min 5 min cool down	5 min warm up 2.5 min run/2.5 min walk 4x repeats 20 min 5 min cool down
4	5 min warm up 3 min run/2 min walk 4x repeats 20 min 5 min cool down	5 min warm up 3 min run/2 min walk 4x repeats 20 min 5 min cool down	5 min warm up 4 min run/2.5 min walk 4x repeats 26 min 5 min cool down
5	5 min warm up 5 min run/3 min walk 3x repeats 24 min 5 min cool down	5 min warm up 8 min run/5 min walk/ 8 min run 21 min 5 min cool down	5 min warm up 20 min run (try not to stop) 5 min cool down
6	5 min warm up 8 min run/2 min walk 2x repeats 20 min 5 min cool down	5 min warm up 10 min run/2 min walk/ 10 min run 22 min 5 min cool down	5 min warm up 20 min run (try not to stop) 5 min cool down
7	5 min warm up 20 min run (try not to stop) 5 min cool down	5 min warm up 25 min run (try not to stop) 5 min cool down	5 min warm up 25 min run (try not to stop) 5 min cool down
8	5 min warm up 25 min run (try not to stop) 5 min cool down	5 min warm up 30 min run (try not to stop) 5 min cool down	5 min warm up 5k RUN! 5 min cool down