



8 Week Couch to 5k Run/Walk Program*

Week 1

- **Day 1: Rest**
- **Day 2: 18 min - Run 1 min Walk 2 mins, repeat 6 times**
- **Day 3: Rest**
- **Day 4: 24 min - Run 1 min Walk 2 mins, repeat 6 times**
- **Day 5: Rest**
- **Day 6: Rest or cross-train**
- **Day 7: 24 min - Run 2 mins Walk 2 mins, repeat 6 times**

Week 2

- **Day 1: Rest**
- **Day 2: 24 min - Run 2mins Walk 2 mins, repeat 6 times**
- **Day 3: Rest**
- **Day 4: 24 min - Run 2 mins Walk 1 min, repeat 8 times**
- **Day 5: Rest**
- **Day 6: Rest or cross-train**
- **Day 7: 25 mins, Run 3 mins walk 2 mins, repeat 5 times**

Week 3

- **Day 1: Rest**
- **Day 2: 28 min - Run 4 mins Walk 3 mins, repeat 4 times**
- **Day 3: Rest**
- **Day 4: 30 min - Run 4 mins Walk 2 mins, repeat 5 times**
- **Day 5: Rest**
- **Day 6: Rest or cross-train**
- **Day 7: 24-32 min - Run 5 mins Walk 1-3 mins, repeat 4 times**

Week 4

- **Day 1: Rest**
- **Day 2: 27 min - Run 6 mins Walk 3 mins, repeat 3 times**
- **Day 3: Rest**
- **Day 4: 30 min - Run 7 mins Walk 3 mins, repeat 3 times**
- **Day 5: Rest**
- **Day 6: Rest or cross-train**
- **Day 7: 33 min - Run 8 mins Walk 3 mins, repeat 3 times**

Week 5

- **Day 1: Rest**
- **Day 2: 24 min - Run 10 mins Walk 2 mins, repeat 2 times**
- **Day 3: Rest**
- **Day 4: 28 min - Run 12 mins Walk 2 mins, repeat 2 times**
- **Day 5: Rest**
- **Day 6: Rest or cross-train**
- **Day 7: 36 min - Run 15 mins Walk 3 mins, repeat 2 times**

Week 6

- **Day 1: Rest**
- **Day 2: 28 min - Run 15 mins Walk 3 mins Run 10 mins**
- **Day 3: Rest**
- **Day 4: 28 min - Run 12 mins Walk 2 mins, repeat 2 times**
- **Day 5: Rest**
- **Day 6: Rest or cross-train**
- **Day 7: 23 min - Run 15 mins Walk 3 mins Run 5 mins**

Week 7

- **Day 1: Rest**
- **Day 2: 28 min - Run 20 mins Walk 3 mins Run 5 mins**
- **Day 3: Rest**
- **Day 4: 25 min - Run 25 mins**
- **Day 5: Rest**
- **Day 6: Rest or cross-train**
- **Day 7: 25 min - Run 25 mins**

Week 8 - Race Week

- **Day 1: Rest**
- **Day 2: 28-30 min - Run 28-30 mins**
- **Day 3: Rest**
- **Day 4: 25 min - Run 25 mins**
- **Day 5: Rest**
- **Day 6: Rest**
- **Day 7: 5k - Run 5k**

***This is a general guide for people that are healthy enough to run/walk up to a 5K. If you are not ready for the amount of running outlined here, add more walking in. Email seluck@playtri.com with questions.**