



4 Week Couch to 5k Run/Walk Program*

Week 1

- **Day 1:** Run 3 minutes, walk 1 minute, repeat 5 times
- **Day 2:** Rest or cross-train
- **Day 3:** Run 3 minutes, walk 1 minute, repeat 5 times
- **Day 4:** Rest
- **Day 5:** Run 3 minutes, walk 1 minute, repeat 5 times
- **Day 6:** Rest or cross-train
- **Day 7:** Rest

Week 2

- **Day 1:** Run 4 minutes, walk 1 minute, repeat 5 times
- **Day 2:** Rest or cross-train
- **Day 3:** Run 4 minutes, walk 1 minute, repeat 5 times
- **Day 4:** Rest
- **Day 5:** Run 4 minutes, walk 1 minute, repeat 5 times
- **Day 6:** Rest or cross-train
- **Day 7:** Rest

Week 3

- **Day 1:** Run 5 minutes, walk 1 minute, repeat 5 times
- **Day 2:** Rest or cross-train
- **Day 3:** Run 5 minutes, walk 1 minute, repeat 5 times
- **Day 4:** Rest
- **Day 5:** Run 5 minutes, walk 1 minute, repeat 5 times
- **Day 6:** Rest or cross-train
- **Day 7:** Rest

Week 4

- **Day 1:** Run 6 minutes, walk 1 minute, repeat 5 times
- **Day 2:** Rest or cross-train
- **Day 3:** Run 6 minutes, walk 1 minute, repeat 5 times
- **Day 4:** Rest
- **Day 5:** Run 6 minutes, walk 1 minute, repeat 5 times
- **Day 6:** Rest or cross-train
- **Day 7:** Rest

Week 5 – Race Week

- **Day 1:** Run 6 minutes, walk 1 minute, repeat 3 times
- **Day 2:** Rest or cross-train
- **Day 3: Race Day!** Run 6 minutes, walk 1 minute, until you finish!

*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.