

# COUCH TO 5K TRAINING PLAN



	WORKOUT 1	WORKOUT 2	WORKOUT 3
WEEK 1	<p>Brisk 5-minute warmup walk, then do 8 reps of:</p> <ul style="list-style-type: none"> <li>• 60 seconds of jogging</li> <li>• 90 seconds of walking</li> </ul>	<p>Brisk 5-minute warmup walk, then do 8 reps of:</p> <ul style="list-style-type: none"> <li>• 60 seconds of jogging</li> <li>• 90 seconds of walking</li> </ul>	<p>Brisk 5-minute warmup walk, then do 8 reps of:</p> <ul style="list-style-type: none"> <li>• 60 seconds of jogging</li> <li>• 90 seconds of walking</li> </ul>
WEEK 2	<p>Brisk 5-minute warmup walk, then do 6 reps of:</p> <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 2 minutes of walking</li> </ul>	<p>Brisk 5-minute warmup walk, then do 6 reps of:</p> <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 2 minutes of walking</li> </ul>	<p>Brisk 5-minute warmup walk, then do 6 reps of:</p> <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 2 minutes of walking</li> </ul>
WEEK 3	<p>Brisk 5-minute warmup walk, then do 2 reps of:</p> <ul style="list-style-type: none"> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> <li>• 3 minutes of walking</li> </ul>	<p>Brisk 5-minute warmup walk, then do 2 reps of:</p> <ul style="list-style-type: none"> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> <li>• 3 minutes of walking</li> </ul>	<p>Brisk 5-minute warmup walk, then do 2 reps of:</p> <ul style="list-style-type: none"> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> <li>• 3 minutes of walking</li> </ul>
WEEK 4	<p>Brisk 5-minute warmup walk, then do:</p> <ul style="list-style-type: none"> <li>• 5 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 8 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 5 minutes of jogging</li> </ul>	<p>Brisk 5-minute warmup walk, then do:</p> <ul style="list-style-type: none"> <li>• 5 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 8 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 5 minutes of jogging</li> </ul>	<p>Brisk 5-minute warmup walk, then do:</p> <ul style="list-style-type: none"> <li>• 5 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 10 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 5 minutes of jogging</li> </ul>
WEEK 5	<p>Brisk 5-minute warmup walk, then do:</p> <ul style="list-style-type: none"> <li>• 5 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 10 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 5 minutes of jogging</li> </ul>	<p>Brisk 5-minute warmup walk, then do:</p> <ul style="list-style-type: none"> <li>• 8 minutes of jogging</li> <li>• 5 minutes of walking</li> <li>• 15 minutes of jogging</li> </ul>	<p>Brisk 5-minute warmup walk, then do 20 minutes of jogging with no walking.</p> <p><b>SUBMIT YOUR RUN REGISTRATION &amp; SHARE ON SOCIAL MEDIA! BE SURE TO TAG @CAFARMTRUST</b></p>
WEEK 6	<p>Brisk 5-minute warmup walk, then do</p> <ul style="list-style-type: none"> <li>• 10 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 10 minutes of jogging</li> </ul>	<p>Brisk 5-minute warmup walk, then do 25 minutes of jogging.</p>	<p>Brisk 5-minute warmup walk, then do 25 minutes of jogging.</p>
WEEK 7	<p>Brisk 5-minute warmup walk, then do 28 minutes of jogging.</p>	<p>Brisk 5-minute warmup walk, then do 28 minutes of jogging.</p>	<p><b>THE FINAL WORKOUT!</b> Brisk 5-minute warmup walk, then do 30 minutes of jogging.</p>

**WEEK 8 - PARTICIPATE IN RACE TO SLOW THE PACE!**

# COUCH TO 10K TRAINING PLAN



WEEK 1

## WORKOUT 1

Brisk 5-minute warmup walk, then do 8 reps of:

- 60 seconds of jogging
- 2 minutes of walking

## WORKOUT 2

Brisk 5-minute warmup walk, then do 8 reps of:

- 60 seconds of jogging
- 2 minutes of walking

## WORKOUT 3

Brisk 5-minute warmup walk, then do 8 reps of:

- 60 seconds of jogging
- 2 minutes of walking

WEEK 2

Brisk 5-minute warmup walk, then do 6 reps of:

- 90 seconds of jogging
- 2 minutes of walking

Brisk 5-minute warmup walk, then do 6 reps of:

- 90 seconds of jogging
- 2 minutes of walking

Brisk 5-minute warmup walk, then do 8 reps of:

- 90 seconds of jogging
- 2 minutes of walking

WEEK 3

Brisk 5-minute warmup walk, then do 2 reps of:

- 3 minutes of jogging
- 90 seconds of walking
- 5 minutes of jogging
- 3 minutes of walking

Brisk 5-minute warmup walk, then do 2 reps of:

- 3 minutes of jogging
- 90 seconds of walking
- 5 minutes of jogging
- 3 minutes of walking

Brisk 5-minute warmup walk, then do 2 reps of:

- 3 minutes of jogging
- 90 seconds of walking
- 7 minutes of jogging
- 3 minutes of walking

WEEK 4

Brisk 5-minute warmup walk, then do:

- 5 minutes of jogging
- 90 seconds of walking
- 8 minutes of jogging
- 3 minutes of walking
- 5 minutes of jogging

Brisk 5-minute warmup walk, then do:

- 5 minutes of jogging
- 90 seconds of walking
- 10 minutes of jogging
- 3 minutes of walking
- 5 minutes of jogging

Brisk 5-minute warmup walk, then do:

- 5 minutes of jogging
- 90 seconds of walking
- 10 minutes of jogging
- 3 minutes of walking
- 5 minutes of jogging

WEEK 5

Brisk 5-minute warmup walk, then do:

- 5 minutes of jogging
- 3 minutes of walking
- 15 minutes of jogging
- 3 minutes of walking
- 5 minutes of jogging

Brisk 5-minute warmup walk, then do 20 minutes of jogging with no walking

Brisk 5-minute warmup walk, then do 20 minutes of jogging with no walking.

**SUBMIT YOUR RUN  
REGISTRATION & SHARE ON  
SOCIAL MEDIA! BE SURE TO  
TAG @CAFARMTRUST**

WEEK 6

Brisk 5-minute warmup walk, then do 25 minutes of jogging

Brisk 5-minute warmup walk, then do 28 minutes of jogging.

Brisk 5-minute warmup walk, then do 30 minutes of jogging.

WEEK 7

Brisk 5-minute warmup walk, then do 30 minutes of jogging.

Brisk 5-minute warmup walk, then do 35 minutes of jogging.

**THE FINAL WORKOUT!**  
Brisk 5-minute warmup walk, then do 38 minutes of jogging.

**WEEK 8 - PARTICIPATE IN RACE TO SLOW THE PACE!**