

couch to 5k TRAINING PLAN

www.runwithrachel.co.uk

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
MONDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUESDAY	WALK 2 MIN RUN 1 MIN REPEAT X 5	WALK 3 MIN RUN 2 MIN REPEAT X 4	WALK 2 MIN RUN 2 MIN REPEAT X 5	WALK 3 MIN RUN 4 MIN REPEAT X 3	WALK 3 MIN RUN 7 MIN REPEAT X 3	WALK 2 MIN RUN 8 MIN REPEAT X 3	WALK 3 MIN RUN 12 MIN REPEAT X 2	WALK 5 MIN RUN 15 MIN REPEAT X 2	WALK 2 MIN RUN 7 MIN REPEAT X 2	WALK 2 MIN RUN 15 MIN REPEAT X 2
WEDNESDAY	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS	WALK 5 MINS
THURSDAY	WALK 1 MIN RUN 1 MIN REPEAT X 8	WALK 1 MIN RUN 1 MIN REPEAT X 10	WALK 3 MIN RUN 3 MIN REPEAT X 3	WALK 1 MIN RUN 1 MIN REPEAT X 12	WALK 2 MIN RUN 3 MIN REPEAT X 3	WALK 4 MIN RUN 10 MIN REPEAT X 2	WALK 1 MIN RUN 3 MIN REPEAT X 8	RUN 2 MILES	WALK 1 MIN RUN 3 MIN REPEAT X 8	WALK 2 MIN RUN 10 MIN REPEAT X 3
FRIDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SATURDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SUNDAY	WALK 1 MIN RUN 2 MIN REPEAT X 5	WALK 4 MIN RUN 3 MIN REPEAT X 3	WALK 2 MIN RUN 3 MIN REPEAT X 3	WALK 3 MIN RUN 5 MIN REPEAT X 3	WALK 3 MIN RUN 8 MIN REPEAT X 3	WALK 1 MIN RUN 1 MIN REPEAT X 12	WALK 5 MIN RUN 15 MIN REPEAT X 2	WALK 1 MIN RUN 1 MIN REPEAT X 12	WALK 3 MIN RUN 16 MIN REPEAT X 2	WALK 2 MIN RUN 16 MIN REPEAT X 2