

# Couch to 5K (C25K)

A 9-week program to take *you*  
from the couch to running a 5K!

Week	Workout 1	Workout 2	Workout 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)
4	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)

<b>5</b>	Brisk five-minute warmup walk, then: Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 3/4 mile (or 8 minutes) Walk 1/2 mile (or 5 minutes) Jog 3/4 mile (or 8 minutes)	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
<b>6</b>	Brisk five-minute warmup walk, then: Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 3/4 mile (or 8 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 1 mile (or 10 minutes) Walk 1/4 mile (or 3 minutes) Jog 1 mile (or 10 minutes)	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.
<b>7</b>	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
<b>8</b>	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
<b>9</b>	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).

Don't forget to stretch before each session, drink plenty of water, and stay at a particular workout for a week if needed so that you can move on safely.

I also recommend a 20 min walk daily on each of the other 4 days during the week. It will keep you from getting tight, sore, and the 'active rest' is better for your muscles.