

Couch to 5K – 9 Week Programme

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	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes) 	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes) 	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> • 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	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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)

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5	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 minutes) • Walk 1/2 mile (or 5 minutes) • Jog 3/4 mile (or 8 minutes) 	<p>Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.</p>
6	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • Jog 1 mile (or 10 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1 mile (or 10 minutes) 	<p>Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.</p>
7	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>
8	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>
9	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30</p>