

Couch to 5K Challenge

	Day 1	Day 2	Day 3
Week 1	1 min running 1 .5 mins walking Total 20 mins	1 min running 1 .5 mins walking Total 20 mins	1 min running 1 .5 mins walking Total 20 mins
Week 2	1.5 mins running 2 mins walking Total 20 mins	1.5 mins running 2 mins walking Total 20 mins	1.5 mins running 2 mins walking Total 20 mins
Week 3	2 mins running 2 mins walking Total 20 mins	2.5 mins running 2 .5 mins walking Total 20 mins	2.5 mins running 2 .5 mins walking Total 20 mins
Week 4	3 mins running 2 mins walking Total 20 mins	3 mins running 2 mins walking Total 20 mins	4 mins running 2 .5 mins walking Total 20 mins
Week 5	5 mins running 3 mins walking x3	8 mins running 5 mins walking 8 mins running	20 mins running
Week 6	6 mins running 3 mins walking x3	10 mins running 3 mins walking 10 mins running	25 mins running
Week 7	25 mins running	25 mins running	25 mins running
Week 8	30 mins running	30 mins running	30 mins running



Reminders

- Add 5 minute walks before and after you run to warm up and cool down
- Stretch
- Drink plenty of water
- Rest days are important too
- Invest in running shoes
- Use an app to track your progress