



COUCH-TO-5K RUNNING PLAN SCHEDULE

The C25K Running Plan was designed for inexperienced runners who are just beginning an exercise routine. The plan has worked for many thousands of people because of the following features:

- It starts off slow, but gets the couch potato running 3.1 miles (5K) or 30 minutes in **nine weeks**
- It starts with a gentle **combination of walking and jogging** and works up to all running
- Each workout takes only **20 to 30 minutes, three days a week**
- It lets you **measure your workouts by time** if you don't have a way to measure distance

Before beginning the C25K plan, experts recommend you have a checkup at your doctor's office. Then, lace up your running shoes (make sure they fit well) and hit the road. Plan to take a day off between each workout and give yourself two days to relax after the third workout each week. *Each workout begins with a brisk, 5-minute warm-up walk, and stretching is recommended before and after each session.*

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEKS 1-2	20 MINUTES alternate walking and jogging for periods of 1-2 minutes	off	20 MINUTES alternate walking and jogging for periods of 1-2 minutes	off	20 MINUTES alternate walking and jogging for periods of 1-2 minutes	off	off
WEEK 3	same as above, but begin logging time and/or distance						
WEEK 4	2 MILES (21 MINUTES) alternate walking and jogging	off	2 MILES (21 MINUTES) alternate walking and jogging	off	2 MILES (21 MINUTES) alternate walking and jogging	off	off
WEEKS 5-6	2.25 MILES (25 MIN.) start to decrease walking	off	2.25 MILES (25 MIN.) start to decrease walking	off	2.25 MILES (25 MIN.) <u>eliminate walking</u>	off	off
WEEK 7	increase distance to 2.5 MILES (25 MINUTES)					off	off
WEEK 8	increase distance to 2.75 MILES (27 MINUTES)					off	off
WEEK 9	increase distance to 3 MILES (30 MINUTES)					off	off