



Couch to 5K RUN PROGRAM

Notes: Recommend a 3-5 minute walk before running, follow the pre-run/post-run stretches below. Home workout options on page 2. Run at a conversational pace, don't run too fast!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
60 sec run 90 sec walk Repeat 6x	Rest	60 sec run 90 sec walk Repeat 8x	Rest	Repeat Day 1 Or 5K Walk	Home workout	Rest
2 min run 3 min walk Repeat 4x	Rest	1 min run 1 min walk Repeat 10x	Rest	2 min run 2 min walk Repeat 5x	Home workout	Rest
2 min run 1 min walk Repeat 7x	Rest	3 min run 2 min walk Repeat 4x	Rest	2 min run 1 min walk Repeat 8x	Home workout	Rest
3 min run 2 min walk Repeat 5x	Rest	5 min run 3 min walk Repeat 4x	Rest	3 min run 2 min walk Repeat 5x	Home workout	Rest
5 min run 3 min walk Repeat 4x	Rest	7 min run 3 min walk Repeat 3x	Rest	5 min run 3 min walk Repeat 4x	Home workout	Rest
7 min run 3 min walk Repeat 3x	Rest	10 min run 4 min walk Repeat 2x	Rest	7 min run 3 min walk Repeat 3x	Home workout	Rest
10 min run 4 min walk Repeat 2x	Rest	15 min run 5 min walk Repeat 2x	Rest	10 min run 4 min walk Repeat 2x	Home workout	Rest
15 min run 5 min walk Repeat 2x	Rest	20 min run	Rest	15 min run 3 min walk Repeat 2x	Home workout	Rest
20 min run	Rest	20 min run	Rest	25 min run	Home workout	Rest
20 min run	Rest	10 min run 2 min walk Repeat 2x	Rest	Rest	Run 5K	Rest



Suggested Stretching

Suggested Pre-Run Dynamic Stretching/Warm-Ups

- Leg Swings (10-12 each leg, 3x)
- But Kicks (30 sec)
- Walking Knee Grabs (10 alternating, 3x)

Suggested Post-Run Stretches

- Standing Wall Calf Stretch (hold 10-30 sec each leg, 3x)
- Standing Hamstring Stretch (hold 10-30 sec each leg, 3x)
- Yoga Figure 4 Stretch (30 sec each leg, 1-3x)
- Yoga Supine Twist (30 sec each leg, 1-3x)

Home Workout Options (Pick one, alternate each week)

Workout 1 - 45 seconds work, 15 seconds rest

1. Jumping Jacks
 - Modification: without jumping - extend one leg out with normal arm motion, then switch legs)
2. Squats
3. Pushups
 - Modification: knees on the ground
4. Mountain Climbers
 - Modification: pushup stance with hands on couch or chair, bring one knee into chest and back out, then switch
5. Side Lunges

Repeat 3X

Workout 2 - 45 seconds work, 15 seconds rest

1. High Knees
 - Modification: without jumping, bring knee up to chest and back down, switch legs
2. Walking Lunges
3. Triceps Dips
 - Can use a couch or chair to dip from
4. Wall Sit
5. Crunches

Repeat 3x