

# COUCH TO 5K TRAINING PLAN:

## 4 WEEKS, FOR ACTIVE PEOPLE!



THIS PLAN IS DESIGNED FOR PEOPLE WHO DON'T RUN REGULARLY, BUT HAVE SOME FITNESS FROM OTHER PURSUITS OR SPORTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	10 x 2 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	12 Minute Long Run
2	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	15 x 1 min walk / 1 min run	Rest or Cross-train	Rest or Cross-train	18 Minute Long Run
3	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	15 x 30 secs walk / 90 secs run	Rest or Cross-train	Rest or Cross-train	26 Minute Long Run
4	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	10 x 1 min walk / 2 min run	Rest or Cross-train	Rest	Run 5K!

- Start off every workout with a brisk 5 minute walk to warm up!
- Don't worry about your speed - just focus on being able to keep running (even if it's slow!)
- For the Sunday long runs, try to run the whole way - but walking breaks are acceptable.
- If in doubt or feeling tired, take an extra rest day or repeat a week.
- Strength train 3 x per week.
- Get the full 4 Week Couch To 5K Training Plan + Advice at [marathonhandbook.com](http://marathonhandbook.com)



MARATHON  
HANDBOOK