

Couch to 5K Training Plan



5K COFFEE CLUB

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--------|-----------------------------------------|-----------|--------------------------------------------------------|--------------------------------------------------|----------|-----------------------------------------|
| 1 | Rest | Run 1 min Walk 1 min Repeat x 10 | Rest | Run 2 mins Walk 4 mins Repeat x 5 | -Cross Train - stretch, yoga, weights, etc | Rest | Run 2 mins Walk 4 mins Repeat x 5 |
| 2 | Rest | Run 3 mins Walk 3 mins Repeat x 4 | Rest | Run 3 mins Walk 3 mins Repeat x 4 | -Cross Train - stretch, yoga, weights, etc | Rest | Run 5 mins Walk 3 mins Repeat x 3 |
| 3 | Rest | Run 7 Mins Walk 2 mins Repeat x 3 | Rest | Run 8 mins Walk 2 mins Repeat x 3 | -Cross Train - stretch, yoga, weights, etc | Rest | Run 8 mins Walk 2 mins Repeat x 3 |
| 4 | Rest | Run 8 mins Walk 2 mins Repeat x 3 | Rest | Run 10 ins Walk 2 mins Repeat x 2 Run 5 mins | -Cross Train - stretch, yoga, weights, etc | Rest | Run 8 mins Walk 2 mins Repeat x 3 |
| 5 | Rest | Run 9 mins Walk 1 min Repeat x 2 | Rest | Run 12 mins Walk 2 mins Repeat x 2 Run 5 mins | -Cross Train - stretch, yoga, weights, etc | Rest | Run 8 mins Walk 2 mins Repeat x 3 |
| 6 | Rest | Run 15 mins Walk 1 min Repeat x 2 | Rest | Run 8 mins Walk 2 mins Repeat x 3 | Rest | Rest | RACE DAY! |

Get Faster 5K Training Plan



5K COFFEE CLUB

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--------|---------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------|---------------------|-------------|------------------|
| 1 | Rest | 20-25 min easy | -Cross Train - stretch, yoga, weights, etc | 10 min easy 4 x 1 min fast (w/ 2 min rest between) 10 min easy | Rest | 20 min easy | 30 min easy |
| 2 | Rest | 20-25 min easy | -Cross Train - stretch, yoga, weights, etc | 10 min easy 5 x 90 sec fast (w/ 2.5 min jog between) 10 min easy | Rest | 20 min easy | 35 min easy |
| 3 | Rest | 20-25 min easy | -Cross Train - stretch, yoga, weights, etc | 10 min easy 20 min fartlek | Rest | 25 min easy | 40 min easy |
| 4 | Rest | 10 min easy 5 min faster 10 min easy | -Cross Train - stretch, yoga, weights, etc | 10 min easy 20 min fartlek 10 min easy | Rest | 20 min easy | 45 min easy |
| 5 | Rest | 25-30 min easy | -Cross Train - stretch, yoga, weights, etc | 10 min easy 3 x 3 min fast (w/ 3 min jog between) 10 min easy | Rest | 25 min easy | 35 min easy |
| 6 | Rest | 25 min easy w/ 6 x 30 sec fast pace throughout | Rest | 20-25 min easy | 15 min easy or rest | Rest | RACE DAY! |