

## 10 Week Couch Potato to 5K Training Plan

Week	Day:	Day:	Day:	Day:	Day:	Day:	Day:
1 Date:	Strength Training and foam rolling	5 min warm-up; Alt 60 sec run with 90 sec walk; Total of 20 minutes	Rest	5 min warm-up; Alt 60 sec run with 90 sec walk; Total of 20 minutes	Strength Training and foam rolling	5 min warm-up; Alt 60 sec run with 90 sec walk; Total of 20 minutes	Rest or Yoga
2 Date:	Strength Training and foam rolling	5 min warm-up; alt 90 sec run with 2 min walk; total of 20 minutes	Rest	5 min warm-up; alt 90 sec run with 2 min walk; total of 20 minutes	Strength Training and foam rolling	5 min warm-up; alt 90 sec run with 2 min walk; total of 20 minutes	Rest or Yoga
3 Date:	Strength Training and foam rolling	5 min warm-up walking Complete this sequence twice. -Jog 200 yards (or 90 seconds) -Walk 200 yards (or 90 seconds) -Jog 400 yards (or 3 minutes) -Walk 400 yards (or three minutes)	Yoga or Rest	5 min warm-up walking Complete this sequence twice. -Jog 200 yards (or 90 seconds) -Walk 200 yards (or 90 seconds) -Jog 400 yards (or 3 minutes) - Walk 400 yards (or three minutes)	Strength Training and foam rolling	5 min warm-up walking Then 2 of each: -Jog 200 yards (or 90 seconds) -Walk 200 yards (or 90 seconds) -Jog 400 yards (or 3 minutes) - Walk 400 yards (or three minutes)	Rest or Yoga
4 Date:	Strength Training and foam rolling	Brisk five-minute warm-up walk, then: -Jog 1/4 mile (or 3 minutes) -Walk 1/8 mile (or 90 seconds) -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 2-1/2 minutes) -Jog 1/4 mile (or 3 minutes) -Walk 1/8 mile (or 90 seconds) -Jog 1/2 mile (or 5 minutes)	Yoga or rest	Brisk five-minute warm-up walk, then: -Jog 1/4 mile (or 3 minutes) -Walk 1/8 mile (or 90 seconds) -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 2-1/2 minutes) -Jog 1/4 mile (or 3 minutes) -Walk 1/8 mile (or 90 seconds) -Jog 1/2 mile (or 5 minutes)	Strength Training and foam rolling	Brisk five-minute warm-up walk, then: -Jog 1/4 mile (or 3 minutes) -Walk 1/8 mile (or 90 seconds) -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 2-1/2 minutes) -Jog 1/4 mile (or 3 minutes) -Walk 1/8 mile (or 90 seconds) -Jog 1/2 mile (or 5 minutes)	Rest or Yoga
5 Date:	Strength Training and foam rolling	Brisk five-minute warm-up walk, then: -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 1/2 mile (or 5 minutes)	Yoga or rest	Brisk five-minute warm-up walk, then: -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 1/2 mile (or 5 minutes)	Strength Training and foam rolling	Brisk five-minute warm-up walk, then jog two miles (or 20 minutes) with no walking	Rest or Yoga
6 Date	Strength Training and foam rolling	Brisk five-minute warm-up walk, then: -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 3/4 mile (or 8 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 1/2 mile (or 5 minutes)	Yoga or rest	Brisk five-minute warm-up walk, then: -Jog 1/2 mile (or 5 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 3/4 mile (or 8 minutes) -Walk 1/4 mile (or 3 minutes) -Jog 1/2 mile (or 5 minutes)	Strength Training and foam rolling	Brisk five-minute warm-up walk, then jog 2-1/4 miles (or 22 minutes) with no walking.	Rest or Yoga
7 Date:	Strength Training and foam rolling	Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes).	Yoga or Rest	Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes).	Strength Training and foam rolling	Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes).	Rest or Yoga
8 Date:	Strength Training and foam rolling	Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes).	Yoga or Rest	Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes).	Rest	Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes).	Rest or Yoga

9 Date:	Strength Training and foam rolling	Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes).	Yoga or Rest	Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes).	Rest	2.5 mile easy run	Rest or Yoga
10 Date:	Strength Training and foam rolling	1.5 miles easy	Yoga or Rest	Race Day!			

**Safety Tips and Precautions:**

- Check with your primary care provider before starting an exercise plan. Consider getting a physical and health screening as part of your plan and to get clearance to begin.
- Invest in good, supportive shoes. Try to find a store that specializes in running shoes.
- Progress slowly and listen to your body. If you are not feeling well or experiencing pain, you should stop exercising and discuss it with your health care provider.
- Take safety precautions, especially if running outdoors or by yourself. See “11 Tips for Staying Safe on the Road” by Runner’s World link on my website.
- Staying properly hydrated all day, every day is essential for good performance.
- Cross training is important for injury prevention. See “The 10 Laws for Injury Prevention” by Runner’s world on my website.
- Recovery time is very important. Make sure you use the rest and recovery time noted in the schedule. Adequate sleep is essential as well.
- Make sure to incorporate stretching post-run!