



# GO from your Couch to 5K

## BY DOING 3 WORKOUTS EVERY WEEK



	Workout 1	Workout 2	Workout 3
<b>Week 1</b>	<b>START HERE</b> → 5-minute warm up walk. Then brisk 20 minute walk.	5-minute warm up walk. Then brisk 20 minute walk.	5-minute warm up walk. Then brisk 20-minute walk.
<b>Week 2</b>	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.
<b>Week 3</b>	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.
<b>Week 4</b>	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes.	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes.	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes. <b>BRAVO!!! ALMOST HALFWAY MARK</b>
<b>Week 5</b>	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.	5-minute warm up walk. Jog 2 minutes walk 90 seconds, jog 5 minutes walk 2.5 minutes, jog 3 minutes walk 90 seconds, jog 5 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds walk 90 seconds followed by jog 3 minutes walk 3 minutes.
<b>Week 6</b>	5-minute warm up walk. Then jog 2 minutes walk 90 seconds jog 5 minutes walk 2.5 minutes walk 90 seconds, jog 5 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.
<b>Week 7</b>	5-minute warm up walk. Then jog 8 minutes walk 5 minutes, jog 8 minutes.	5-minute warm up walk. Then jog 20 minutes with as little walking as possible.	5-minute warm up walk. Then jog 20 minutes with as little walking as possible.
<b>Week 8</b>	5-minute warm up walk. Then jog 8 minutes walk 3, jog 5 minutes walk 3. Jog 5 minutes.	5-minute warm up walk. Then jog 10 minutes, walk 3, jog 10 minutes.	5-minute warm up walk. Then jog 27 minutes.
<b>Week 9</b>	5-minute warm up walk. Then jog 25 minutes.	5-minute warm up walk. Then jog 26 minutes.	5-minute warm up walk. Then jog 25 minutes.
<b>Week 10</b>	5-minute warm up walk. Then jog 28 minutes.	5-minute warm up walk. Then jog 29 minutes.	<b>CONGRATS!!! FINAL WORKOUT</b> 5-minute warm up walk. Then jog 30 minutes.

This beginners "Couch to 5K" was created with our friends at Florida State University.