Couch to 5K Training Plan:

Please include at least one rest day between runs.

SWEETSPOT TRAINING

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Day 1	Run 1 Min Walk 90 Sec Run 1 Min Walk 90 Sec Run 1 Min Walk 90 Sec Run 1 Min Walk 90 Sec Run 1 Min Walk 90 Sec Run 1 Min Walk 90 Sec Run 1 Min	Run 90 Sec Walk 2 Min Run 90 Sec Walk 2 Min Run 90 Sec Walk 2 Min Run 90 Sec Walk 2 Min Run 90 Sec Walk 2 Min Run 90 Sec	Run 90 Sec Walk 90 Sec Run 3 Min Walk 3 Min Run 90 Sec Walk 90 Sec Run 3 Min	Run 3 Min Walk 90 Sec Run 5 Min Walk 2.5 Min Run 3 Min Walk 90 Sec Run 5 Min	Run 5 Min Walk 3 Min Run 5 Min Walk 3 Min Run 3 Min Walk 3 Min Run 5 Min	Run 5 Min Walk 3 Min Run 8 Min Walk 3 Min Run 5 Min	Run 25 Min	Run 28 Min	Run 30 Min
Day 2	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One	Run 8 Min Walk 5 Min Run 8 Min	Run 10 Min Walk 3 Min Run 10 Min	Repeat Day One	Repeat Day One	Repeat Day One
Day 3	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One	Run 20 Min	Run 25 Min	Repeat Day One	Repeat Day One	Repeat Day One

- It is essential to Start and finish <u>every</u> session with a 5 Minute Brisk Walk, to warm up and cool down