

# COUCH TO 10K

|               |       |  |
|---------------|-------|--|
| <b>WEEK 1</b> | DAY 1 | :60 Jog/:90 walk for 20 minutes  |
|               | DAY2  | :60 Jog/:90 walk for 20 minutes  |
|               | DAY3  | :60 Jog/:90 walk for 20 minutes  |
| <b>WEEK 2</b> | DAY 1 | :90 jog/2 minutes walk for 20 minutes  |
|               | DAY2  | :90 jog/2 minutes walk for 20 minutes  |
|               | DAY3  | :90 jog/2 minutes walk for 20 minutes  |
| <b>WEEK 3</b> | DAY 1 | :90 jog, :90 walk; 3 min jog; Walk 3 minutes (2 rounds)                          |
|               | DAY2  | :90 jog, :90 walk; 3 min jog; Walk 3 minutes (2 rounds)                          |
|               | DAY3  | :90 jog, :90 walk; 3 min jog; Walk 3 minutes (2 rounds)                          |
| <b>WEEK 4</b> | DAY 1 | 3 min jog; :90 walk; 5 min jog; 2.5 min walk; 3 min jog; walk :90; jog 5 minutes |
|               | DAY2  | 3 min jog; :90 walk; 5 min jog; 2.5 min walk; 3 min jog; walk :90; jog 5 minutes |
|               | DAY3  | 3 min jog; :90 walk; 5 min jog; 2.5 min walk; 3 min jog; walk :90; jog 5 minutes |
| <b>WEEK 5</b> | DAY 1 | Jog 5 minutes; Walk 3 minutes; Jog 5 minutes; Walk 3 minutes; Jog 5 minutes      |
|               | DAY2  | Jog 8 minutes; Walk 5 minutes; Jog 8 minutes                                     |
|               | DAY3  | Jog 20 minutes   |
| <b>WEEK 6</b> | DAY 1 | Jog 5 minutes; Walk 3 minutes; Jog 8 minutes; Walk 3 minutes; Jog 5 minutes      |
|               | DAY2  | Jog 10 minutes; Walk 3 minutes; Jog 10 minutes                                   |
|               | DAY3  | Jog 22 minutes   |
| <b>WEEK 7</b> | DAY 1 | Jog 25 minutes   |
|               | DAY2  | Jog 25 minutes   |
|               | DAY3  | Jog 25 minutes   |
| <b>WEEK 8</b> | DAY 1 | Jog 28 minutes   |
|               | DAY2  | Jog 28 minutes   |
|               | DAY3  | Jog 30 minutes   |
| <b>WEEK 9</b> | DAY 1 | Jog 10 minutes; Walk 1 (Repeat x4)   |
|               | DAY2  | Jog 10 minutes; Walk 1 (Repeat x4)   |

|                |              |                                    |
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|                | DAY3         | Jog 10 minutes; Walk 1 (Repeat x4) |
| <b>WEEK 10</b> | DAY 1        | Jog 15 minutes; Walk 1 (Repeat x3) |
|                | DAY2         | Jog 15 minutes; Walk 1 (Repeat x3) |
|                | DAY3         | Jog 15 minutes; Walk 1 (Repeat x3) |
| <b>WEEK 11</b> | DAY 1        | Jog 17 minutes; Walk 1 (Repeat x3) |
|                | DAY2         | Jog 17 minutes; Walk 1 (Repeat x3) |
|                | DAY3         | Jog 17 minutes; Walk 1 (Repeat x3) |
| <b>WEEK 12</b> | DAY 1        | Jog 18 minutes; Walk 1 (Repeat x3) |
|                | DAY2         | Jog 18 minutes; Walk 1 (Repeat x3) |
|                | DAY3         | Jog 18 minutes; Walk 1 (Repeat x3) |
| <b>WEEK 13</b> | DAY 1        | Jog 22 minutes; Walk 1 (Repeat x2) |
|                | DAY2         | Jog 25 minutes; Walk 1 (Repeat x2) |
|                | DAY3         | Jog 30 minutes; Walk 1 (Repeat x2) |
| <b>WEEK 14</b> | DAY 1        | Jog 60 minutes                     |
|                | DAY2         | Jog 60 minutes                     |
|                | DAY3         | Jog full 10K (or 60 minutes)       |
| <b>WEEK 15</b> | <b>DAY 1</b> | <b>Run 10K</b>                     |

*All workouts start and end with a brisk 5-minute walk*