COUCH TO 5K

You will always begin with a 5min warm up and end with a 5 min cool down	DAY 1	DAY 2	DAY 3
Week 1	**60 seconds jogging/90 seconds walking** **Repeat 8 times or for 20 mins**	**60 seconds jogging/90 seconds walking** **Repeat 8 times or for 20 mins**	**60 seconds jogging/90 seconds walking** **Repeat 8 times or for 20 mins**
Week 2	**90 seconds of jogging/ 2mins walking** **Repeat 6 times or 20mins**	**90 seconds of jogging/2mins walking** **Repeat 6 times or 20mins**	**90 seconds of jogging/2mins walking** **Repeat 6 times or 20mins**
Week 3	**Repeat below intervals 2 x** **90 Seconds jog/ 90 Seconds walk** **Jog 3mins / Walk 3mins**	**Repeat below intervals 2 x** **90 Seconds jog/ 90 Seconds walk** **Jog 3mins / Walk 3mins**	**Repeat below intervals 2 x** **90 Seconds jog/ 90 Seconds walk** **Jog 3mins / Walk 3mins**
Week 4	**Jog 3mins walk 90 secs/Jog 5 mins walk 2.5 mins** **Jog 3mins walk 90 secs** **Jog 5mins**	**Jog 3mins walk 90 secs/Jog 5 mins walk 2.5 mins** **Jog 3mins walk 90 secs** **Jog 5mins**	**Jog 3mins walk 90 secs/Jog 5 mins walk 2.5 mins** **Jog 3mins walk 90 secs** **Jog 5mins**
Week 5	**Jog 5mins, walk 3mins/ Jog 8mins, walk 3 mins/ Jog 5mins**	**Jog 10mins/Walk 3 mins/Jog 10mins**	**Jog 25mins-With no walking**
Week 6	**Jog 5mins, walk 3mins** **Jog 8mins, walk 3 mins** **Jog 5mins**	**Jog 10mins/Walk 3 mins/Jog 10mins**	**Jog 25mins** **With no walking**
Week 7	**25 min Jog**	**25 min Jog**	**25 min Jog**
Week 8	**Jog 28 mins**	**Jog 28 mins**	**Jog30 mins**

TUNE UP YOUR 5K- HALHIGDON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	3MILE RUN	5 X400:RUN 400METERS ALL OUT AND RECOVER (WALK OR JOG) 400 METERS REPEAT 5X	REST OR EASY RUN	30MIN TEMPO RUN:Tempo Run would begin with 5-10 minutes of easy running, build gradually to 3-5 minutes at 10K pace, then 5-10 minutes cooling down. You can't figure out your pace on a watch doing this workout; you need to listen to your body.	REST	4MILES FAST	60MIN RUN
Week 2	3MILE RUN	8 x 200:RUN 200METERS ALL OUT AND RECOVER (WALK OR JOG) 200 METERS REPEAT 8X	REST OR EASY RUN	30MIN TEMPO RUN:	REST	4MILES FAST	65MIN RUN
Week 3	3MILE RUN	6 x 400:RUN 400 METERS ALL OUT AND RECOVER (WALK OR JOG) 200 METERS REPEAT 6X	REST OR EASY RUN	35MIN TEMPO RUN:	REST	5MILES FAST	70MIN RUN
Week 4	3MILE RUN	9 x 200:RUN 200METERS ALL OUT AND RECOVER (WALK OR JOG) 200 METERS REPEAT 9X	REST OR EASY RUN	35MIN TEMPO RUN:	REST OR EASY RUN	REST	5K Test
Week 5	3MILE RUN	10 x 200:RUN 200METERS ALL OUT AND RECOVER (WALK OR JOG) 200 METERS REPEAT 10X	REST OR EASY RUN	40MIN TEMPO RUN:	REST	5miles fast	75 min run
Week 6	3MILE RUN	10 x 200:RUN 200METERS ALL OUT AND RECOVER (WALK OR JOG) 200 METERS REPEAT 10X	REST OR EASY RUN	40MIN TEMPO RUN:	REST	6miles fast	85 min run
Week 7	2MILE RUN	8 x 400: RUN 400 METERS ALL OUT AND RECOVER (WALK OR JOG) 200 METERS REPEAT 8x	REST OR EASY RUN	45MIN TEMPO RUN:	REST	6miles fast	90 min run
Week 8	2MILE RUN	6 x 200:RUN 200METERS ALL OUT AND RECOVER (WALK OR JOG) 200 METERS REPEAT 6X	30MIN TEMPO RUN	REST OR EASY RUN	REST	REST	5k