

# Couch to 5K Calendar

Day	Date	Number of days from last run	Program Add the following in addition to a 5 minute brisk walk before and after (warm up and cool down)	Did you complete it?	How did you feel?
Week 1 - Day 1			<b>Run:</b> 60 seconds <b>Walk:</b> 90 seconds (Repeat 8 times for a total of 20 minutes).		
Week 1 - Day 2			<b>Run:</b> 60 seconds <b>Walk:</b> 90 seconds (Repeat 8 times for a total of 20 minutes)		
Week 1 - Day 3			<b>Run:</b> 60 seconds <b>Walk:</b> 90 seconds (Repeat 8 times for a total of 20 minutes)		
Week 2 - Day 1			<b>Run:</b> 90 seconds <b>Walk:</b> 2 minutes (Repeat 6 times)		
Week 2 - Day 2			<b>Run:</b> 90 seconds <b>Walk:</b> 2 minutes (Repeat 6 times)		
Week 2 - Day 3			<b>Run:</b> 90 seconds <b>Walk:</b> 2 minutes (Repeat 6 times)		
Week 3 Day 1			<b>Run:</b> 90 seconds <b>Walk:</b> 90 seconds <b>Run:</b> 3 minutes <b>Walk:</b> 3 minutes (Repeat 2 times)		
Week 3 Day 2			<b>Run:</b> 90 seconds <b>Walk:</b> 90 seconds <b>Run:</b> 3 minutes <b>Walk:</b> 3 minutes (Repeat 2 times)		
Week 3 Day 3			<b>Run:</b> 90 seconds <b>Walk:</b> 90 seconds <b>Run:</b> 3 minutes <b>Walk:</b> 3 minutes (Repeat 2 times)		
Week 4 Day 1			<b>Run:</b> 3 minutes <b>Walk:</b> 1.5 minutes <b>Run:</b> 5 minutes <b>Walk:</b> 2.5 minutes (Repeat 2 times)		

Week 4 Day 2			<u>Run:</u> 3 minutes <u>Walk:</u> 90 seconds <u>Run:</u> 5 minutes <u>Walk:</u> 2.5 minutes <u>Run:</u> 3 minutes <u>Walk:</u> 1.5 minutes		
Week 4 Day 3			<u>Run:</u> 3 minutes <u>Walk:</u> 90 seconds <u>Run:</u> 5 minutes <u>Walk:</u> 2.5 minutes <u>Run:</u> 3 minutes <u>Walk:</u> 1.5 minutes		
Week 5 Day 1			<u>Run:</u> 5 minutes <u>Walk:</u> 3 minutes <u>Run:</u> 5 minutes <u>Walk:</u> 3 minutes <u>Run:</u> 5 minutes <u>Walk:</u> 3 minutes		
Week 5 Day 2			<u>Run:</u> 8 minutes <u>Walk:</u> 5 minutes <u>Run:</u> 8 minutes		
Week 5 Day 3			<u>Run:</u> 20 minutes		
Week 6 - Day 1			<u>Run:</u> 5 minutes <u>Walk:</u> 3 minutes <u>Run:</u> 8 minutes <u>Walk:</u> 3 minutes <u>Run:</u> 5 minutes		
Week 6 - Day 2			<u>Run:</u> 10 minutes <u>Walk:</u> 3 minutes <u>Run:</u> 10 minutes		
Week 6 - Day 3			<u>Run:</u> 22 minutes		
Week 7 Day 1			<u>Run:</u> 25 minutes		
Week 7 Day 2			<u>Run:</u> 25 minutes		
Week 7 Day 3			<u>Run:</u> 25 minutes		
Week 8 - Day 1			<u>Run:</u> 28 minutes		
Week 8 - Day 2			<u>Run:</u> 28 minutes		
Week 8 - Day 3			<u>Run:</u> 28 minutes		
Week 9 Day 1			<u>Run:</u> 30 minutes		
Week 9 Day 2			<u>Run:</u> 30 minutes		
Week 9 Day 3			<u>Run:</u> 30 minutes		