



COUCH TO 5K in 9 weeks

| WEEK | WORKOUT 1 | WORKOUT 2 | WORKOUT 3 |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 min. | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 min. | Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 min. |
| 2 | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 min. | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 min. | Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 min. |
| 3 | Brisk five-minute warmup walk, then do two repetitions of the following: * Jog 200 yards (or 90 seconds) * Walk 200 yards (or 90 seconds) * Jog 400 yards (or 3 minutes) * Walk 400 yards (or three minutes) | Brisk five-minute warmup walk, then do two repetitions of the following: * Jog 200 yards (or 90 seconds) * Walk 200 yards (or 90 seconds) * Jog 400 yards (or 3 minutes) * Walk 400 yards (or three minutes) | Brisk five-minute warmup walk, then do two repetitions of the following: * Jog 200 yards (or 90 seconds) * Walk 200 yards (or 90 seconds) * Jog 400 yards (or 3 minutes) * Walk 400 yards (or three minutes) |
| 4 | Brisk five-minute warmup walk: * Jog 1/4 mile (or 3 minutes) * Walk 1/8 mile (or 90 seconds) * Jog 1/2 mile (or 5 minutes) * Walk 1/4 mile (or 2-1/2 minutes) * Jog 1/4 mile (or 3 minutes) * Walk 1/8 mile (or 90 seconds) * Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk: * Jog 1/4 mile (or 3 minutes) * Walk 1/8 mile (or 90 seconds) * Jog 1/2 mile (or 5 minutes) * Walk 1/4 mile (or 2-1/2 minutes) * Jog 1/4 mile (or 3 minutes) * Walk 1/8 mile (or 90 seconds) * Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk: * Jog 1/4 mile (or 3 minutes) * Walk 1/8 mile (or 90 seconds) * Jog 1/2 mile (or 5 minutes) * Walk 1/4 mile (or 2-1/2 minutes) * Jog 1/4 mile (or 3 minutes) * Walk 1/8 mile (or 90 seconds) * Jog 1/2 mile (or 5 minutes) |
| 5 | Brisk five-minute warmup walk: * Jog 1/2 mile (or 5 minutes) * Walk 1/4 mile (or 3 minutes) * Jog 1/2 mile (or 5 minutes) * Walk 1/4 mile (or 3 minutes) * Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk: * Jog 3/4 mile (or 8 minutes) * Walk 1/2 mile (or 5 minutes) * Jog 3/4 mile (or 8 minutes) | Brisk five-minute warmup walk: jog two miles (or 20 minutes) with no walking. |
| 6 | Brisk five-minute warmup walk: * Jog 1/2 mile (or 5 minutes) * Walk 1/4 mile (or 3 minutes) * Jog 3/4 mile (or 8 minutes) * Walk 1/4 mile (or 3 minutes) * Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk: * Jog 1 mile (or 10 minutes) * Walk 1/4 mile (or 3 minutes) * Jog 1 mile (or 10 minutes) | Brisk five-minute warmup walk: jog 2-1/4 miles (or 25 minutes) with no walking. |
| 7 | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). |
| 8 | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). |
| 9 | Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). | Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). | Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). |

She believed she could, so SHE DID