

MY FIRST 5K

BEFORE YOU BEGIN

This training program was created as a worksheet for the [Couch to 5K program](#) and is designed for beginner runners to gradually build up to running 5km without stopping. This program is 9 weeks long but should be taken at your own pace. After each run, assess how you feel. If you have a hard week or feel like the workouts are building too quickly, repeat the previous week. Building up slowly will make you stronger and will reduce the chance of injury.

By adopting this training program, you are aware that engaging in a physical activity such as running represents potential risk of injury. Always respect your body's signals and consult a medical professional when needed. You agree that Heather Grace is not responsible for any injuries or other harm.

TRAINING PROGRAM

Run 3 times a week with 1-2 rests day between each run. Warm up every day by doing a brisk 5-10 minutes of walking. Don't skip the warm up! The total time does not include the warm up.

Week	Monday	✓	Wednesday	✓	Friday	✓
1	1 min run, then 1.5 min walk Repeat this 8 times <u>Total time:</u> 20 minutes		1 min run, then 1.5 min walk Repeat this 8 times <u>Total time:</u> 20 minutes		1 min run, then 1.5 min walk Repeat this 8 times <u>Total time:</u> 20 minutes	
2	1.5 min run, then 2 min walk Repeat this 6 times <u>Total time:</u> 21 minutes		1.5 min run, then 2 min walk Repeat this 6 times <u>Total time:</u> 21 minutes		1.5 min run, then 2 min walk Repeat this 6 times <u>Total time:</u> 21 minutes	
3	1.5 min run, then 1.5 min walk, then 3 min run, then 3 min walk Repeat this 2 times <u>Total time:</u> 18 minutes		1.5 min run, then 1.5 min walk, then 3 min run, then 3 min walk Repeat this 2 times <u>Total time:</u> 18 minutes		1.5 min run, then 1.5 min walk, then 3 min run, then 3 min walk Repeat this 2 times <u>Total time:</u> 18 minutes	
4	3 min run, 1.5 min walk, 5 min run, 2.5 min walk. 3 min run, 1.5 min walk, 5 min run <u>Total time:</u> 21.5 minutes		3 min run, 1.5 min walk, 5 min run, 2.5 min walk. 3 min run, 1.5 min walk, 5 min run <u>Total time:</u> 21.5 minutes		3 min run, 1.5 min walk, 5 min run, 2.5 min walk. 3 min run, 1.5 min walk, 5 min run <u>Total time:</u> 21.5 minutes	
5	5 min run, then 3 min walk, then 5 min run, then 3 min walk, then 5 min run <u>Total time:</u> 21 minutes		8 min run, then 5 min walk, then 8 min run <u>Total time:</u> 21 minutes		20 min run (no walking) <u>Total time:</u> 20 minutes	
6	5 min run, then 3 min walk, then 8 min run, then 3 min walk, then 5 min run <u>Total time:</u> 24 minutes		10 min run, 3 min walk, 10 min run <u>Total time:</u> 23 minutes		25 min run (no walking) <u>Total time:</u> 25 minutes	
7	25 min run (no walking) <u>Total time:</u> 25 minutes		25 min run (no walking) <u>Total time:</u> 25 minutes		25 min run (no walking) <u>Total time:</u> 25 minutes	
8	28 min run (no walking) <u>Total time:</u> 28 minutes		28 min run (no walking) <u>Total time:</u> 28 minutes		28 min run (no walking) <u>Total time:</u> 28 minutes	
9	30 min run (no walking) <u>Total time:</u> 30 minutes		30 min run (no walking) <u>Total time:</u> 30 minutes		30 min run (no walking) <u>Total time:</u> 30 minutes	