



Crimson Couch to 5K Training Program



Week One Workout

- ✓ **Walker:**
 - 2-3 days – walk 20 minutes or 1 mile
- ✓ **Beginner Runner:**
 - 3 days – alternate jog 60 sec and walk 90 sec for 20 min
- ✓ **Intermediate Runner:**
 - 2 days – jog 8 min, walk 3 min, jog 8 min
 - 1 day – jog 20 min
- ✓ **10K Training:**
 - Tuesday and Thursday – 1.5 mile run
 - Wednesday – 20 minute jog/walk
 - Saturday – 2 mile run
 - Sunday – 30 minute jog/walk

Week Two Workout

- ✓ **Walker:**
 - 2-3 days – walk 25 minutes or 1.25 miles
- ✓ **Beginner Runner:**
 - 3 days – alternate jog 90 sec and walk 2 min for 20 min
- ✓ **Intermediate Runner:**
 - 2 days – jog 12 min, walk 3 min, jog 12 min
 - 1 day – jog 25 min
- ✓ **10K Training:**
 - Tuesday and Thursday – 2 mile run
 - Wednesday – 20 minute jog/walk
 - Saturday – 2.5 mile run
 - Sunday – 30 minute jog/walk

Week Three Workout

- ✓ **Walker:**
 - 2-3 days – walk 30 minutes or 1.5 miles
- ✓ **Beginner Runner:**
 - 3 days – jog 90 sec, walk 90 sec, jog 3 min, walk 3 min (2 times)
- ✓ **Intermediate Runner:**
 - 2 days – jog 25 min
 - 1 day – jog 30 min
- ✓ **10K Training:**

- Tuesday – 2.5 mile run
- Wednesday – 20 minute jog/walk
- Thursday – 2 mile run
- Saturday – 3 mile run
- Sunday – 30 minute jog/walk

Week Four Workout

- ✓ **Walker:**
 - 3 days – walk 30 minutes or 1.75 miles
- ✓ **Beginner Runner:**
 - 3 days – jog 3 min, walk 90 sec, jog 5 min, walk 2.5 min, jog 5 min, walk 90 sec
- ✓ **Intermediate Runner:**
 - 2 days – jog 30 min
 - 1 day – jog 35 min
- ✓ **10K Training:**
 - Tuesday – 2.5 mile run
 - Wednesday – 25 minute jog/walk
 - Thursday – 2 mile run
 - Saturday – 3.5 mile run
 - Sunday – 35 minute jog/walk

Week Five Workout

- ✓ **Walker:**
 - 3 days – walk 35 minutes or 2 miles
- ✓ **Beginner Runner:**
 - 3 days – jog 5 min, walk 3 min, jog 5 min, walk 3 min, jog 5 min
- ✓ **Intermediate runner:**
 - 2 days – jog 35 min
 - 1 day – run 5 min, jog 10 min, run 5 min
- ✓ **10K Training:**
 - Tuesday – 3 mile run
 - Wednesday – 25 minute jog/walk
 - Thursday – 2.5 mile run
 - Saturday – 4 mile run
 - Sunday – 35 minute jog/walk

Week Six Workout

- ✓ **Walker:**
 - 3 days – walk 40 minutes or 2.25 miles
- ✓ **Beginner Runner:**
 - 2 days – jog 8 min, walk 3 min, jog 5 min, walk 3 min, jog 8 min
 - 1 day – jog 20 min
- ✓ **Intermediate Runner:**
 - 2 days – jog 40 min
 - 1 day – run 5 min, jog 10 min, run 5 min
- ✓ **10K Training:**
 - Tuesday – 3 mile run
 - Wednesday – 25 minute jog/walk
 - Thursday – 2.5 mile run
 - Saturday – 4.5 mile run
 - Sunday – 35 minute jog/walk

Week Seven Workout

- ✓ **Walker:**
 - 3 days – walk 45 minutes or 2.5 miles
- ✓ **Beginner Runner:**
 - 2 days – jog 12 min, walk 3 min, jog 12 min
 - 1 day – jog 25 min
- ✓ **Intermediate Runner:**
 - 2 days – jog 45 min
 - 1 day – run 5 min, jog 5 min, run 5 min, jog 5 min
- ✓ **10K Training:**
 - Tuesday – 3.5 mile run
 - Wednesday – 25 minute jog/walk
 - Thursday – 3 mile run
 - Saturday – 5 mile run
 - Sunday – 40 minute jog/walk

Week Eight Workout

- ✓ **Walker:**
 - 3 days – walk 50 minutes or 2.75 miles
- ✓ **Beginner Runner:**
 - 2 days – jog 25 min
 - 1 day – jog 30 min
- ✓ **Intermediate Runner:**

- 2 days – jog 50 min
- 1 day – run 5 min, jog 5 min, run 5 min, jog 5 min
- ✓ **10K Training:**
 - Tuesday – 4 mile run
 - Wednesday – 30 minute jog/walk
 - Thursday – 3.5 mile run
 - Saturday – 5.5 mile run
 - Sunday – 40 minute jog/walk

Week Nine Workout

- ✓ **Walker:**
 - 2-3 days – walk 55 minutes or 3.1 miles
- ✓ **Beginner Runner:**
 - 2 days – jog 30 min
 - 1 day – jog 35 min
- ✓ **Intermediate Runner:**
 - 2 days – jog 45 min
 - 1 day – run 8 min, jog 5 min, run 8 min, jog 5 min
- ✓ **10K Training:**
 - Tuesday – 3 mile run
 - Wednesday – 30 minute jog/walk
 - Thursday – 2 mile run
 - Sunday – 10K Event!