



## ACTIVE COUCH 2 5K 8 WEEK TRAINING PROGRAM

	Day 1	Day 2	Day 3
<b>Week 1</b>	Jog 2 min / Walk 2 min x5 (20 min total)	Jog 0.5 mile / Walk 5 min x2	Jog 2 min / Walk 2 min x5 (20 min total)
<b>Week 2</b>	Jog 2 min / Walk 2 min x8 (32 min total)	Jog 0.5 mile / Walk 5 min x3	Jog 2 min / Walk 2 min x8 (32 min total)
<b>Week 3</b>	Run 2 min / Walk 2 min x5 (20 min total)	Jog 0.5 mile / Walk 5 min x4	Run 2 min / Walk 2 min x5 (20 min total)
<b>Week 4</b>	Run 3 min / Walk 2 min x4 (20 min total)	Jog 0.75 mile / Walk 5 min x3	Run 3 min / Walk 2 min x4 (20 min total)
<b>Week 5</b>	Run 4 min / Walk 2 min x4 (24 min)	Jog 0.75 mile / Walk 5 min x4	Run 4 min / Walk 2 min x4 (24 min)
<b>Week 6</b>	Run 8 min / Walk 2 min x2 (20 min)	Jog 1 mile / Walk 5 min x3	Run 8 min / Walk 2 min x2 (20 min)
<b>Week 7</b>	Run 8 min / Walk 2 min x3 (30 min)	Jog 2 mile / Walk 5 min / Jog 1 mile	Run 8 min / Walk 2 min x3 (30 min)
<b>Week 8</b>	Run 2 mile / Walk 2 min / Jog 1 mile	Jog 2 mile / Walk 3 min / Jog 1 mile	<b>Complete 5k!</b>