

Couch to 5k for Goal Seekers 5k Race Prepared by Harris Endurance Coaching

	WORKOUT #1	WORKOUT #2	WORKOUT #3
WEEK 1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
WEEK 2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
WEEK 3	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes) 	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes) 	<p>Brisk five-minute warmup walk, then do two repetitions of the following:</p> <ul style="list-style-type: none"> • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes)
WEEK 4	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> *Jog 1/4 mile (or 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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)

	WORKOUT #1	WORKOUT #2	WORKOUT #3
WEEK 5	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 minutes) • Walk 1/2 mile (or 5 minutes) • Jog 3/4 mile (or 8 minutes) 	<p>Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.</p>
WEEK 6	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • 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) 	<p>Brisk five-minute warmup walk, then:</p> <ul style="list-style-type: none"> • Jog 1 mile (or 10 minutes) • Walk 1/4 mile (or 3 minutes) • Jog 1 mile (or 10 minutes) 	<p>Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.</p>
WEEK 7	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).</p>
WEEK 8	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).</p>
WEEK 9	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>	<p>The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).</p>