

COUCH TO K TRAINING SCHEDULE

This training program spans 6 weeks. The 10K schedule is designed for those who can comfortably run 2 miles. Feel free to incorporate walking breaks as needed.

	5K TRAINING SCHEDULE	10K TRAINING SCHEDULE
WEEK 1	Run 5 minutes + walk 1 minute *Repeat 3 times	2 Miles
	Run 6 minutes + walk 1 minute *Repeat 3 times	2 Miles
	Run 7 minutes + walk 1 minute *Repeat 3 times	3 Miles
WEEK 2	Run 7 minutes + walk 1 minute *Repeat 3 times	2.5 Miles
	Run 8 minutes + walk 1 minute *Repeat 3 times	2.5 Miles
	Run 9 minutes + walk 1 minute *Repeat 3 times	3.5 Miles
WEEK 3	Run 10 minutes + walk 1 minute *Repeat 2 times	3 Miles
	Run 12 minutes + walk 1 minute *Repeat 2 times	3 Miles
	Run 13 minutes + walk 1 minute *Repeat 2 times	4 Miles
WEEK 4	Run 15 minutes + walk 1 minute *Repeat 2 times	3 Miles
	Run 17 minutes + walk 1 minute + run 7 minutes	3 Miles
	Run 19 minutes + walk 1 minute + run 7 minutes	5 Miles
WEEK 5	Run 20 minutes + walk 1 minute + run 6 minutes	3 Miles
	Run 24 minutes	3 Miles
	Run 26 minutes	5.5 Miles
WEEK 6	Run 28 minutes	2 Miles
	Run 30 minutes	2 Miles