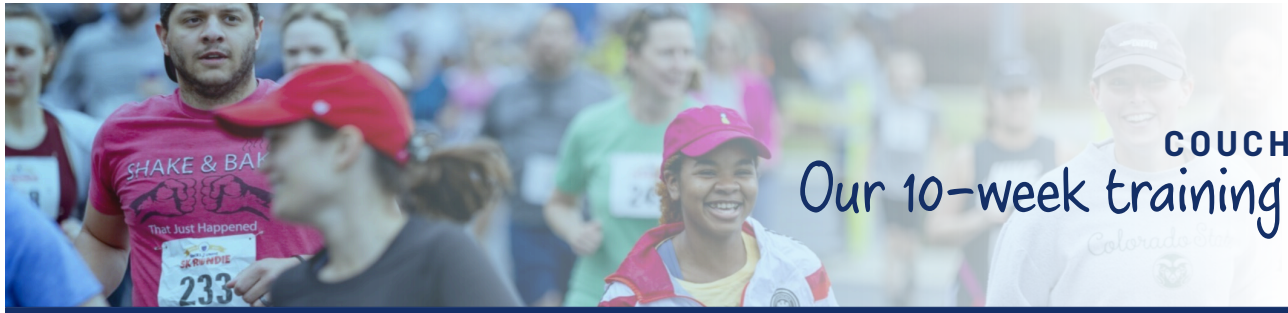


COUCH TO 5K
Our 10-week training guide

DURHAM WAKE
5K RUNDIE & KIDS FUN RUN

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Rest	walk 5 mins 20 mins alternate: jog 60 sec/walk 90 sec	Rest	walk 5 mins 20 mins alternate: jog 60 sec/walk 90 sec	Rest	walk 5 mins 20 mins alternate: jog 90 sec/walk 2 min	Rest
2	Rest	walk 5 mins 20 mins alternate: jog 90 sec/walk 2 min	Rest	walk 5 mins 20 mins alternate: jog 90 sec/walk 2 min	Rest	walk 5 mins 20 mins alternate: jog 90 sec/walk 2 min	Rest
3	Rest	walk 5 min 2 Reps: jog 90 sec/walk 90sec/ jog 3 min/walk 3min	Rest	walk 5 min 2 Reps: jog 90 sec/walk 90sec/ jog 3 min/walk 3min	Rest	walk 5 min 2 Reps: jog 90 sec/walk 90sec/ jog 3 min/walk 3min	Rest
4	Rest	walk 5 min jog 3min/walk 90sec/jog 5 min/ walk 2.5 min/jog 3 min/ walk 90 sec/jog 5 min	Rest	walk 5 min jog 3min/walk 90sec/jog 5 min/ walk 2.5 min/jog 3 min/ walk 90 sec/jog 5 min	Rest	walk 5 min jog 10 min/walk 5 min	Rest
5	Rest	walk 5 min jog 5min/walk 3 mn/jog 5 min/ walk 3 min/jog 5 min	Rest	walk 5 min jog 8min/walk 5 min/jog 8 min	Rest	walk 5 min jog 8min/walk 5 min/jog 8 min	walk 5 min jog 10 min/walk 5 min
6	Rest	walk 5 min jog 5min/walk 3 mn/jog 8 min/ walk 3 min/jog 5 min	Rest	walk 5 min jog 10 min/walk 3 min/ jog 10 min	Rest	walk 5 min jog 10 min/walk 3 min/ jog 10 min	Rest
7	Rest	walk 5 min jog 15 min/walk 5 min/ jog 10 min	Rest	walk 5 min jog 20 min/walk 5	Rest	walk 5 min jog 20 min/walk 5	walk 5 min jog 20 min/walk 5
8	Rest	walk 5 min jog 20 min/walk 5 min	Rest	walk 5 min jog 20 min/walk 5 min	Rest	walk 5 min jog 20 min/walk 5 min	Rest
9	Rest	walk 5 min jog 25 min/walk 5 min	Rest	walk 5 min jog 28 min/walk 5 min	Rest	walk 5 min jog 28 min/walk 5 min	walk 5 min jog 30 min/walk 5 min
10	Rest	walk 10 min jog 30 min/walk 5 min	Rest	walk 10 min jog 30 min/walk 5 min	Rest	♥ **RACE DAY**	Rest