



Couch to 5K Training Plan

Couch to 5K		w/r = walk/run intervals					
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Week 2	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Week 3	Rest	w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Week 4	Rest	w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Week 5	Rest	w/r	Cross	2 miles w/r	Rest	Cross	1 mile run
Week 6	Rest	2 miles w/r	Cross	1 mile run	Rest	Cross	1.5 mile run
Week 7	Rest	2 miles w/r	Cross	mile run	Rest	Cross	2 mile run
Week 8	Rest	1 mile run	Cross	mile run	Rest	Cross	2.5 mile run
Week 9	Rest	1 mile run	Cross	1 mile run	Rest	5k (3.11 miles)	
							RACE WEEKEND!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc.)
 Shoot for 50/50 with walk/run intervals the first couple weeks, but feel free to do more or less as your body allows
 This is a very loose schedule. Take it and modify as needed.

- The specific days are not as important as the number of days and the overall mileage per session

Created by Dr. Peter McMillan, PT, DPT - Healing Motion Physical Therapy - Corvallis
 For more content, including our 5 Strength Exercises for Runners,
 educational YouTube videos, other resources,
 and to follow us on Social Media, scan the QR code to the right.

