

Couch to 5K Training Plan

Week 1

1 Walk ½ mile

2 Stretch

3 Walk ½ mile

4 Rest

5 Core

6 Walk 1 mile

7 Stretch

Week 2

8 Rest

9 Run ½ mile,
Walk 1 mile

10 Rest

11 Run ½ mile,
Walk 1 mile

12 Stretch

13 Walk 2 miles

14 Stretch

Week 3

15 Core

16 Run 1 mile,
Walk 1 mile

17 Rest

18 Walk 2.5 miles

19 Stretch

20 Core

21 Run 1.5 miles,
Walk 1.5 miles

Week 4

22 Rest

23 Run 2 miles,
Walk 1 mile

24 Rest

25 Run 2.5 miles,
Walk 1 mile

26 Stretch

27 Core

28 RACE DAY!
Run 3.1 miles

Week 5

29 Rest

30 Rest

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 **BETTER**