

OLYMPIAN APPROVED COUCH to 5K

	S	M	T	W	T	F	S
week 1		Day 1 walk/jog 15-20 minutes	2 add 2 minutes	3 add 2 minutes	4 add 2 minutes	5 add 2 minutes	6 add 2 minutes
week 2	7 REST	8 walk/jog 20 minutes	9 add 2 minutes	10 add 2 minutes	11 add 2 minutes	12 add 2 minutes	13 add 2 minutes
week 3	14 REST	15 easy jog for 20-30 minutes	16 easy jog for 20-30 minutes	17 easy jog for 20-30 minutes	18 easy jog for 20-30 minutes	19 easy jog for 20-30 minutes	20 easy jog for 20-30 minutes
week 4	21 REST	22 faster jog 20-30 minutes	23 faster jog 20-30 minutes	24 faster jog 20-30 minutes	25 faster jog 20-30 minutes	26 faster jog 20-30 minutes	27 faster jog 20-30 minutes
week 5	28 REST	29 practice 5K time trial	30				

Make sure to stretch/warm up and cool down before and after each workout