COUCH TO 5K

9-Week Training Plan

Walk/run intervals • tick each session

Week 1	Brisk walk 5 min warm-up, then 8× (run 1 min / walk 1.5 min), cool-down walk 5 min	☐ Day 1	☐ Day 2	☐ Day 3
Week 2	Warm-up 5, then 6× (run 1.5 / walk 2), cool-down 5	☐ Day 1	☐ Day 2	☐ Day 3
Week 3	Warm-up 5, then 2× (run 1.5 / walk 1.5 / run 3 / walk 3), cool-down	☐ Day 1	☐ Day 2	☐ Day 3
Week 4	Warm-up 5, run 3 / walk 1.5 / run 5 / walk 2.5 / run 3 / walk 1.5 / run 5	☐ Day 1	☐ Day 2	☐ Day 3
Week 5	Warm-up, then run 5 / walk 3 / run 5 / walk 3 / run 5 — or longer run option	☐ Day 1	☐ Day 2	☐ Day 3
Week 6	Warm-up, run 10 / walk 3 / run 10 — building endurance	☐ Day 1	☐ Day 2	☐ Day 3
Week 7	Warm-up, run 25 minutes steady	☐ Day 1	☐ Day 2	☐ Day 3
Week 8	Warm-up, run 28 minutes steady	☐ Day 1	☐ Day 2	☐ Day 3
Week 9	Warm-up, run 30 minutes — your 5K practice!	☐ Day 1	☐ Day 2	☐ Day 3

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Race Week & Notes

Log how you felt • celebrate the finish

Race day plan (route, time, shoes, fuel)

Wins & PRs

What I'll adjust next