



MY GOAL

COUCH TO 5K

A beginner's daily guide to learning to jog and complete a 5K in 2 months.

RESOURCES: Download the [C25K app](#). Download and print the [training plan](#).

SUGGESTED GOAL PAIRINGS: Track Progress - Healthy Meal Plan- Drink Water

PROGRESS: Cross off each day of the training program you complete.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk		5 min walk		5 min walk		
	2 min jog		2 min jog		3 min jog		
	5 min walk	Relax!	5 min walk	Relax!	5 min walk	Relax!	Relax!
2	5 min walk		5 min walk		5 min walk		
	3 min jog		4 min jog		5 min jog		
	5 min walk	Relax!	5 min walk	Relax!	5 min walk	Relax!	Relax!
3	5 min walk		4 min jog		5 min walk		
	6 min jog		5 min walk		7 min jog		
	5 min walk		4 min jog		5 min walk		
		Relax!	5 min walk	Relax!		Relax!	Relax!
4	5 min walk		5 min walk		5 min walk		
	7 min jog		8 min jog		9 min jog		
	5 min walk	Relax!	5 min walk	Relax!	5 min walk	Relax!	Relax!
5	5 min walk		6 min jog		5 min walk		5 min walk
	9 min jog		5 min walk		10 min jog		11 min jog
	5 min walk		6 min jog		5 min walk		5 min walk
		Relax!	5 min walk	Relax!		Relax!	
6	5 min walk		13 min jog		15 min jog		
	11 min jog		5 min walk		5 min walk		
	5 min walk	Relax!		Relax!		Relax!	Relax!
7	15 min jog		8 min jog		16 min jog		17 min jog
	5 min walk		5 min walk		5 min walk		5 min walk
			8 min jog				
		Relax!	5 min walk	Relax!		Relax!	
8	17 min jog		18 min jog		20 min jog		
	5 min walk	Relax!	5 min walk	Relax!	5 min walk	Relax!	Relax!
9			12 min jog				
			5 min walk				
	20 min jog	Relax!	12 min jog	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	Race Day!