

CVRA COUCH TO 5K PLAN

Week	Workout 1 (Monday)	Workout 2 (Wednesday)	Workout 3 (Friday)
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or 3 minutes)	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or 3 minutes)	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or 3 minutes)
4	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)
5	Brisk five-minute warmup walk, then: Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 3/4 mile (or 8 minutes) Walk 1/2 mile (or 5 minutes) Jog 3/4 mile (or 8 minutes)	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.
6	Brisk five-minute warmup walk, then: Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 3/4 mile (or 8 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes)	Brisk five-minute warmup walk, then: Jog 1 mile (or 10 minutes) Walk 1/4 mile (or 3 minutes) Jog 1 mile (or 10 minutes)	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes) with no walking.
7	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
8	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
9	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	SWAMP FOX 5k! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).