

Couch to 5K — 9-Week Plan

Three runs a week. Start each with a 5-min brisk walk to warm up and finish with a 5-min walk to cool down.
"Jog" = easy, conversational pace. Rest or cross-train between runs.

Week	Run 1	Run 2	Run 3
Wk 1	60 sec jog / 90 sec walk, repeat for 20 min	Same as Run 1	Same as Run 1
Wk 2	90 sec jog / 2 min walk, repeat for 21 min	Same as Run 1	Same as Run 1
Wk 3	2 × (90s jog, 90s walk, 3 min jog, 3 min walk)	Same as Run 1	Same as Run 1
Wk 4	3m jog, 90s walk, 5m jog, 2.5m walk, 3m jog, 90s walk, 5m jog	Same as Run 1	Same as Run 1
Wk 5	5m jog, 3m walk, 5m jog, 3m walk, 5m jog	5m jog, 5m walk, 8m jog	20 min jog, no walking!
Wk 6	5m jog, 3m walk, 8m jog, 3m walk, 5m jog	10m jog, 3m walk, 10m jog	25 min jog, no walking
Wk 7	25 min jog	25 min jog	25 min jog
Wk 8	28 min jog	28 min jog	28 min jog
Wk 9	30 min jog	30 min jog	30 min jog (~5K) You did it!

5 tips to succeed

- **Go slow.** If you can't talk, you're going too fast — slow to a shuffle, it still counts.
- **Don't skip rest days.** Your joints adapt slower than your lungs. Rest is where you get stronger.
- **Repeat a week** if it feels too hard. There's no prize for rushing — the plan still works.
- **Good shoes** are the only gear you need. Get fitted at a running shop if you can.
- **Consistency wins.** Three gentle runs every week beats two hard weeks and a quit.