

3 WISE COUCH to 5K

fitness

EXPERIENCED PROGRAM

WEEK START	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
Week 1:	30 min walk	REST	30 min walk	30 min walk	REST	30 min walk	REST	120 min
Week 2:	30 min walk	REST	30 min walk	30 min walk	REST	45 min walk	REST	135 min
Week 3:	30 min walk	REST	6x (4 min walk, 1 min jog)	45 min walk	REST	6x (4 min walk, 1 min jog)	REST	135 min
Week 4:	45 min walk	REST	6x (3 min walk, 2 min jog)	6x (3 min walk, 2 min jog)	REST	6x (2 min walk, 3 min jog)	REST	135 min
Week 5:	45 min walk	REST	6x (2 min walk, 3 min jog)	3x (5 min walk, 5 min jog)	REST	3x (5 min walk, 5 min jog)	REST	135 min
Week 6:	1x (20 min walk, 10 min jog) + 5 min walk	REST	1x (20 min walk, 10 min jog) + 5 min walk	1x (20 min walk, 10 min jog) + 5 min walk	REST	1x (20 min walk, 10 min jog) + 5 min walk	REST	140 min
Week 7:	1x (15 min walk, 15 min jog) + 5 min walk	REST	1x (15 min walk, 15 min jog) + 5 min walk	1x (15 min walk, 15 min jog) + 5 min walk	REST	1x (15 min walk, 15 min jog) + 5 min walk	REST	140 min
Week 8:	1x (15 min walk, 15 min jog) + 5 min walk	REST	1x (10 min walk, 20 min jog) + 5 min walk	1x (15 min walk, 15 min jog) + 5 min walk	REST	1x (10 min walk, 20 min jog) + 5 min walk	REST	140 min
Week 9:	1x (5 min walk, 25 min jog) + 5 min walk	REST	1x (5 min walk, 25 min jog) + 5 min walk	1x (5 min walk, 25 min jog) + 5 min walk	REST	1x (5 min walk, 25 min jog) + 5 min walk	REST	140 min
Week 10:	5 min walk + 30min jog	REST	5 min walk + 30min jog	5 min walk + 30min jog	REST	5 min walk + 30min jog	REST	140 min