



**CORVALLIS & ALBANY
SPORT & SPINE
PHYSICAL THERAPY**



Couch to 5K Training Plan

Couch to 5k

w/r = walk run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Week 2	Rest	1 mile w/r	Cross	1 mile w/r	Rest	Cross	1.5 miles w/r
Week 3	Rest	1.5 miles w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Week 4	Rest	1.5 miles w/r	Cross	1.5 miles w/r	Rest	Cross	2 miles w/r
Week 5	Rest	1.5 miles w/r	Cross	2 miles w/r	Rest	Cross	1 mile run
Week 6	Rest	2 miles w/r	Cross	1 mile run	Rest	Cross	1.5 mile run
Week 7	Rest	2 miles w/r	Cross	1 - 1.5 mile run	Rest	Cross	2 mile run
Week 8	Rest	1 mile run	Cross	1.5 - 2 mile run	Rest	Cross	2.5 mile run
Race Week!	Rest	1 mile run	Cross	1 mile run	Rest	Cross	5k (3.11 miles)

RACE DAY!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc)

Walk/run intervals can be whatever works for you whether that is 50/50 to start or 25% run to 75% walk. Try and get up to running more than walking before straight runs start.

This is a very loose schedule. Take it and modify as needed to work with your life.

- The specific days are not as important as the number of days and overall mileage per session

Access online PDF at: csspt.com/2019/09/27/1k-5k-and-10k-training-plans/

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