

Six Week Couch to 5K Training Plan

Week 1

- Monday: Walk 15 min and stretch
- Tuesday: Strength moves or Rest
- Wednesday: Walk 15 min and stretch
- Thursday: Strength moves or Rest
- Friday: 1.5-mile walk and stretch
- Saturday: 30-60 min walk and stretch
- Sunday: Rest

Week 2

- Monday: Walk 20 min and stretch
- Tuesday: Strength moves or Rest
- Wednesday: Walk 15 min and stretch
- Thursday: Strength moves or Rest
- Friday: 1.75-mile walk and stretch
- Saturday: 35-60 minute walk and stretch
- Sunday: Rest

Week 3

- Monday: Walk 25 min and stretch
- Tuesday: Strength moves or Rest
- Wednesday: Walk 20 min and stretch
- Thursday: Rest
- Friday: 2-mile walk and stretch
- Saturday: 40-60 minute walk and stretch
- Sunday: Rest

Week 4

- Monday: Walk 25 min and stretch
- Tuesday: Strength moves or Rest
- Wednesday: Walk 20 min and stretch
- Thursday: Strength moves or Rest
- Friday: 2.5-mile walk and stretch
- Saturday: 50-60 minute walk and stretch
- Sunday: Rest

Week 5

- Monday: Walk 30 min and stretch
- Tuesday: Strength moves or Rest
- Wednesday: Walk 25 min and stretch
- Thursday: Strength moves or Rest
- Friday: 2.75-mile walk and stretch
- Saturday: 55-60 minute walk stretch
- Sunday: Rest

Week 6

- Monday: Walk 30 min and stretch
- Tuesday: Rest
- Wednesday: Walk 30 min and stretch
- Thursday: Rest
- Friday: Walk 20 min and stretch
- Saturday: Rest
- Sunday: 5-K (3.1 miles)