



Couch to 5K Running Plan: Your Complete Beginner's Guide

Running a 5K might seem impossible if you're starting from scratch. But with the right plan, you can go from the couch to crossing the finish line in just 8 weeks. This beginner-friendly program focuses on gradual progress, building endurance without burnout.

Why Choose Couch to 5K?

- **Easy to follow:** Three 20-30 minute sessions per week.
- **Built for beginners:** No running experience required.
- **Boosts health:** Improves heart health, mood, and energy.

8-Week Couch to 5K Plan

Week	Warm-Up (min)	Run (min)	Walk (min)	Repeat (Times)	Cool-Down (min)
1	5	1	2	6	5
2	5	2	2	5	5
3	5	3	2	4	5
4	5	4	2	4	5
5	5	6	2	3	5
6	5	8	2	2	5
7	5	12	2	2	5
8	5	20-30	0	1	5

Target speed is not the focus of this program. Walk at a brisk pace and run at a conversational pace that feels sustainable.

Tips for Success

1. **Print this training program:** Place it on your refrigerator
 2. **Warm up and cool down:** Always start and finish with a 5-minute walk.
 3. **Listen to your body:** Rest if you feel pain, not just soreness.
 4. **Stay consistent:** Aim for three runs per week with rest days in between.
 5. **Hydrate and fuel:** Drink water and eat balanced meals.
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Get a printable version of this plan to track your progress. Stick it on your fridge or take it on the go!

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