BRYANT PARKS
Couch to 5K
8 Week Training Plan

IMPORTANT: Begin with a 5 minute warm-up / end with a 5 minute cool-down!!!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	Run 1 min Walk 2 min (4 times)	Rest	Run 1 min Walk 2 min (4 times)	Rest	Run 1 min Walk 2 min (5 times)	Rest
Week 2	Rest	Run 1 min Walk 2 min (5 times)	Rest	Run 2 min Walk 4 min (3 times)	Rest	Run 2 min Walk 4 min (4 times)	Crosstrain/ Walk 20 min
Week 3	Rest	Run 2 min Walk 4 min (4 times)	Rest	Run 3 min Walk 4 min (4 times)	Rest	Run 3 min Walk 4 min (5 times)	Rest
Week 4	Rest	Run 3 min Walk 3 min (5 times)	Rest	Run 4 min Walk 3 min (5 times)	Rest	Run 4 min Walk 2 min (5 times)	Crosstrain/ Walk 20 min
Week 5	Rest	Run 5 min Walk 2 min (5 times)	Rest	Run 5 min Walk 2 min (5 times)	Rest	Run 6 min Walk 2 min (4 times)	Rest
Week 6	Rest	Run 6 min Walk 2 min (4 times)	Rest	Run 7 min Walk 2 min (3 times)	Rest	Run 7 min Walk 2 min (3 times)	Crosstrain/ Walk 20 min
Week 7	Rest	Run 8 min Walk 2 min (3 times)	Rest	Run 8 min Walk 2 min (3 times)	Rest	Run 9 min Walk 2 min (3 times)	Rest
Week 8	Rest	Run 9 min Walk 2 min (3 times)	Rest	Run 10 min Walk 4 min (2 times)	20 Min. Walk		5k ready!