***Couch to 5K Training Program:***

**Week 1 – March 5**

\*\*Alternate 60 seconds of jogging with 90 seconds of walking for 20 minutes

\*Repeat 2 times during week

**Week 2 – March 12**

\*\*Alternate 90 seconds of jogging with 2 minutes of walking for 20 minutes

\*Repeat 2 times during week

**Week 3 – March 19**

\*\*Jog 90 seconds. Walk 90 seconds. Jog 3 min. Walk 90 sec. Jog 3 min. Walk 3 min.

\*Repeat 2 times during week

**Week 4 – March 26**

\*\*Jog 3 min. Walk 90 seconds. Jog 5 minutes. Walk 2.5 minutes. Jog 3 minutes. Walk 90 seconds. Jog 5 minutes.

\*repeat 2 times during week

**Week 5 – April 2**

\*\*Jog 5 min. Walk 2 min. Jog 5 min. Walk 2 min. Jog 5 min.

\*\*Jog 8 min. Walk 3 min. Jog 8 min.

\*\*Jog 10 min. Walk 3 min. Jog 10 min.

**Week 6 – April 9**

\*\*Jog 12 min. Walk 3 min. Jog 12 min.

\*\*Jog 15 min. Walk 3 min. Jog 15 min.

\*\*Jog 20 min (2 miles) with no walking

**Week 7 – April 16**

\*\*Jog 25 minutes (2.5 miles)

\*repeat 2 times during week

**Week 8 – April 23**

\*\*Jog 28 minutes (2.75 miles)

\*repeat 2 times during week

**Week 9 – April 30**

\*\*Jog 30 minutes (3 miles)

\*\*Jog 20 minutes (2 miles)

\*\*Rest or jog no more than 10 min (1 mile)

**May 6 – 5K Race**