



**WORKING FOR A  
HEALTHIER TN**



## **COUCH to 5K – Walking Plan**

**Please consult a physician before starting any exercise routine**

### **Week 1**

Day 1: Walk 20 minutes  
Day 2: Walk 20 minutes  
Day 3: Strength Training  
Day 4: Walk 20 minutes

### **Week 2**

Day 1: Walk 25 minutes  
Day 2: Walk 25 minutes  
Day 3: Strength Training  
Day 4: Walk 25 minutes

### **Week 3**

Day 1: Walk 30 minutes  
Day 2: Walk 30 minutes  
Day 3: Strength Training  
Day 4: Walk 30 minutes

### **Week 4**

Day 1: Walk 35 minutes  
Day 2: Walk 35 minutes  
Day 3: Strength Training  
Day 4: Walk 35 minutes

### **Week 5**

Day 1: Walk 40 minutes  
Day 2: Walk 40 minutes  
Day 3: Strength Training  
Day 4: Walk 40 minutes

### **Week 6**

Day 1: Walk 45 minutes  
Day 2: Walk 45 minutes  
Day 3: Strength Training  
Day 4: Walk 45 minutes

### **Week 7**

Day 1: Walk 50 minutes  
Day 2: Walk 50 minutes  
Day 3: Strength Training  
Day 4: Walk 50 minutes

### **Week 8**

Day 1: Walk 55 minutes  
Day 2: Walk 55 minutes  
Day 3: Strength Training  
Day 4: Walk 55 minutes

### **Week 9**

Day 1: Walk 60 minutes  
Day 2: Walk 60 minutes  
Day 3: Strength Training  
Day 4: Walk 60 minutes

### **Week 10**

Your 5K is this week! You're going to take it a little easier this week, so that you're well-rested for your big race. Good luck!

Day 1: Walk 30 minutes  
Day 2: Walk 30 minutes