COUCH - 5K | BEGINNER RUNNING PROGRAM

PSP

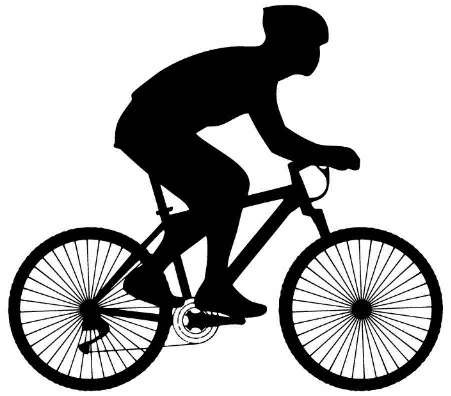
TORONTO

SOUTHWESTERN ONTARIO

BEGINNER RUNNING PROGRAM

WEEK 1 OF 8

The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 1 min Walk 2-3 mins x 8 sets	**Rest / Active Recovery** 	**Run #2** Run 1 min Walk 2-3 mins x 8 sets TORONTO SOUTHWESTERN ONTARIO	**Rest / Active Recovery** 	**Run #3** Run 1 min Walk 2-3 mins x 8 sets

BEGINNER RUNNING PROGRAM

WEEK 2 OF 8

The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 1 min Walk 1-2 mins x 12 sets	**Rest / Active Recovery** 	**Run #2** Run 1 min Walk 1-2 mins x 12 sets	**Rest / Active Recovery** 	**Run #3** Run 1 min Walk 1-2 mins x 12 sets

BEGINNER RUNNING PROGRAM

WEEK 3 OF 8

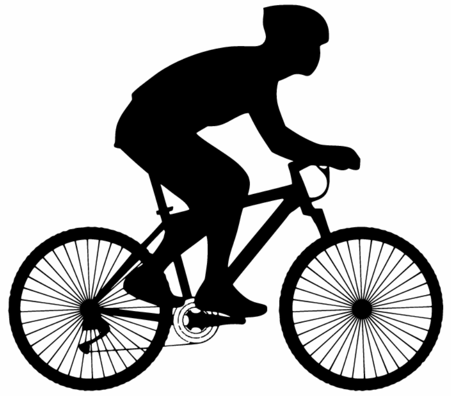
The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 2 min Walk 1 min x 8 sets	**Rest / Active Recovery** 	**Run #2** Run 2 min Walk 1 min x 8 sets	**Rest / Active Recovery** 	**Run #3** Run 2 min Walk 1 min x 8 sets

BEGINNER RUNNING PROGRAM

WEEK 4 OF 8

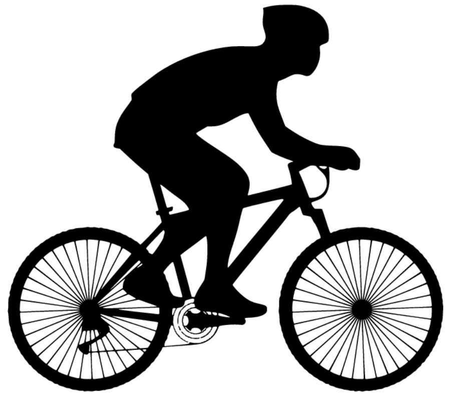
The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 3 min Walk 1 min x 8 sets	**Rest / Active Recovery** 	**Run #2** Run 3 min Walk 1 min x 8 sets	**Rest / Active Recovery** 	**Run #3** Run 3 min Walk 1 min x 8 sets

BEGINNER RUNNING PROGRAM

WEEK 5 OF 8

The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 4 min Walk 1 min x 6 sets	**Rest / Active Recovery** 	**Run #2** Run 4 min Walk 1 min x 8 sets	**Rest / Active Recovery** 	**Run #3** Run 3 min Walk 1 min x 8 sets

BEGINNER RUNNING PROGRAM

WEEK 6 OF 8

The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 6 min Walk 1 min x 5 sets	**Rest / Active Recovery** 	**Run #2** Run 6 min Walk 1 min x 5 sets	**Rest / Active Recovery** 	**Run #3** Run 6 min Walk 1 min x 5 sets

BEGINNER RUNNING PROGRAM

WEEK 7 OF 8

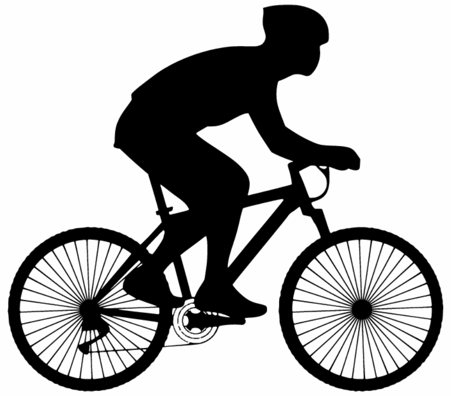
The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 8 min Walk 1 min x 4 sets	**Rest / Active Recovery** 	**Run #2** Run 8 min Walk 1 min x 4 sets	**Rest / Active Recovery** 	**Run #3** Run 8 min Walk 1 min x 4 sets

BEGINNER RUNNING PROGRAM

WEEK 8 OF 8

The goal of this walk/run program is to progressively improve your ability to run continuously. Complete 3x/week with a rest day in between each run.

Monday	Tuesday	Wednesday	Thursday	Friday
Run #1 Run 10 min Walk 1 min x 3 sets	**Rest / Active Recovery** 	**Run #2** Run 10 min Walk 1 min x 3 sets	**Rest / Active Recovery** 	**Run #3** Run 10 min Walk 1 min x 3 sets