

Couch to 5k Treadmill Version

Speed will come over time (after you have finished the program). With the walking, just walk at a nice brisk pace.

Week	Workout 1	Workout 2	Workout 3
1	00:00-5:00: Warmup walk 5:00-6:00: Run 6:00-7:30: Walk 7:30-8:30: Run 8:30-10:00: Walk 10:00-11:00: Run 11:00-12:30: Walk 12:30-13:30: Run 13:30-15:00: Walk 15:00-16:00: Run 16:00-17:30: Walk 17:30-18:30: Run 18:30-20:00: Walk 20:00-21:00: Run 21:00-22:30: Walk 22:30-23:30: Run 23:30-25:00: Walk 25:00-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-6:00: Run 6:00-7:30: Walk 7:30-8:30: Run 8:30-10:00: Walk 10:00-11:00: Run 11:00-12:30: Walk 12:30-13:30: Run 13:30-15:00: Walk 15:00-16:00: Run 16:00-17:30: Walk 17:30-18:30: Run 18:30-20:00: Walk 20:00-21:00: Run 21:00-22:30: Walk 22:30-23:30: Run 23:30-25:00: Walk 25:00-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-6:00: Run 6:00-7:30: Walk 7:30-8:30: Run 8:30-10:00: Walk 10:00-11:00: Run 11:00-12:30: Walk 12:30-13:30: Run 13:30-15:00: Walk 15:00-16:00: Run 16:00-17:30: Walk 17:30-18:30: Run 18:30-20:00: Walk 20:00-21:00: Run 21:00-22:30: Walk 22:30-23:30: Run 23:30-25:00: Walk 25:00-30:00: Cooldown Walk
2	00:00-5:00: Warmup walk 5:00-6:30: Run 6:30-8:30: Walk 8:30-10:00: Run 10:00-12:00: Walk 12:00-13:30: Run 13:30-15:30: Walk 15:30-17:00: Run 17:00-19:00: Walk 19:00-20:30: Run 20:30-22:30: Walk 22:30-24:00: Run 24:00-26:00: Walk 26:00-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-6:30: Run 6:30-8:30: Walk 8:30-10:00: Run 10:00-12:00: Walk 12:00-13:30: Run 13:30-15:30: Walk 15:30-17:00: Run 17:00-19:00: Walk 19:00-20:30: Run 20:30-22:30: Walk 22:30-24:00: Run 24:00-26:00: Walk 26:00-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-6:30: Run 6:30-8:30: Walk 8:30-10:00: Run 10:00-12:00: Walk 12:00-13:30: Run 13:30-15:30: Walk 15:30-17:00: Run 17:00-19:00: Walk 19:00-20:30: Run 20:30-22:30: Walk 22:30-24:00: Run 24:00-26:00: Walk 26:00-30:00: Cooldown Walk

3	00:00-5:00: Warmup walk 5:00-6:30: Run 6:30-8:00: Walk 8:00-11:00: Run 11:00-14:00: Walk 14:00-15:30: Run 15:30-17:00: Walk 17:00-20:00: Run 20:00-23:00: Walk 23:00-28:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-6:30: Run 6:30-8:00: Walk 8:00-11:00: Run 11:00-14:00: Walk 14:00-15:30: Run 15:30-17:00: Walk 17:00-20:00: Run 20:00-23:00: Walk 23:00-28:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-6:30: Run 6:30-8:00: Walk 8:00-11:00: Run 11:00-14:00: Walk 14:00-15:30: Run 15:30-17:00: Walk 17:00-20:00: Run 20:00-23:00: Walk 23:00-28:00: Cooldown Walk
4	00:00-5:00: Warmup walk 5:00-8:00: Run 8:00-9:30: Walk 9:30-14:30: Run 14:30-17:00: Walk 17:00-20:00: Run 20:00-21:30: Walk 21:30-26:30: Run 26:30-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-8:00: Run 8:00-9:30: Walk 9:30-14:30: Run 14:30-17:00: Walk 17:00-20:00: Run 20:00-21:30: Walk 21:30-26:30: Run 26:30-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-8:00: Run 8:00-9:30: Walk 9:30-14:30: Run 14:30-17:00: Walk 17:00-20:00: Run 20:00-21:30: Walk 21:30-26:30: Run 26:30-30:00: Cooldown Walk
5	00:00-5:00: Warmup walk 5:00-10:00: Run 10:00-13:00: Walk 13:00-18:00: Run 18:00-21:00: Walk 21:00-26:00: Run 26:00-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-13:00: Run 13:00-18:00: Walk 18:00-26:00: Run 26:00-30:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-25:00: Run 25:00-30:00: Cooldown Walk
6	00:00-5:00: Warmup walk 5:00-10:00: Run 10:00-13:00: Walk 13:00-21:00: Run 21:00-24:00: Walk 24:00-29:00: Run 29:00-34:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-15:00: Run 15:00-18:00: Walk 18:00-28:00: Run 28:00-33:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-30:00: Run 30:00-35:00: Cooldown Walk
7	00:00-5:00: Warmup walk 5:00-30:00: Run 30:00-35:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-30:00: Run 30:00-35:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-30:00: Run 30:00-35:00: Cooldown Walk
8	00:00-5:00: Warmup walk 5:00-33:00: Run 33:00-38:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-33:00: Run 33:00-38:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-33:00: Run 33:00-38:00: Cooldown Walk
9	00:00-5:00: Warmup walk 5:00-35:00: Run 35:00-40:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-35:00: Run 35:00-40:00: Cooldown Walk	00:00-5:00: Warmup walk 5:00-35:00: Run 35:00-40:00: Cooldown Walk