

# TRC Couch to 5KM Program

Week	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1	Walk 5 mins. 10 x (Run 45secs, Walk 90secs). Walk 5 mins	Rest, Walk, XT	Walk 5 mins. 8 x (Run 60secs, Walk 90secs). Walk 5 mins	Rest, Walk, XT	Rest, Walk, XT	60 mins run/walk. Include at least 7 x 2min runs during the 60mins taking as much time to walk in between as required.	Rest, Walk, XT	
2	Walk 5 mins. 10 x (Run 90secs, Walk 90secs). Walk 5 mins	Rest, Walk, XT	Walk 5 mins. 8 x (Run 2mins, Walk 2mins). Walk 5 mins.	Rest, Walk, XT	Rest, Walk, XT	70 mins run/walk. Include 7 x 3min runs during the 70mins taking as much time to walk in between as required	Rest, Walk, XT	
3	Walk 5 mins. 10 x (Run 2mins, Walk 2mins). Walk 5 mins.	Rest, Walk, XT	Walk 5 mins. 6 x (Run 3mins, Walk 2mins). Walk 5 mins.	Rest, Walk, XT	Rest, Walk, XT	PARKRUN or 5km course. (Run 4min, walk 2mins) for the 5km distance	Rest, Walk, XT	
4	Walk 5 mins. 8 x (Run 3mins, Walk 2mins). Walk 5 mins	Rest, Walk, XT	Walk 5 mins. 3 x (Run 5mins, Walk 3mins). Walk 5 mins	Rest, Walk, XT	Rest, Walk, XT	60 mins run/walk. Include 3 x 7min runs during the 60mins taking as much time to walk in between as required	Rest, Walk, XT	
5	Walk 5 mins. 6 x (Run 4mins, Walk 2mins). Walk 5 mins.	Rest, Walk, XT	Walk 5 mins. 2 x (Run 10mins, Walk 5mins)	Rest, Walk, XT	Rest, Walk, XT	70mins run/walk. Include 3 x 12min runs taking as much time to walk in between as required	Rest, Walk, XT	
6	Walk 5 mins. 3 x (Run 8mins, Walk 2mins) Walk 5 mins.	Rest, Walk, XT	Walk 5 mins.. 20min straight run! Walk 5 mins.	Rest, Walk, XT	Rest, Walk, XT	Walk 5 mins. Run 20mins. Walk 10mins. Run 15mins. Walk 5 mins	Rest, Walk, XT	
7	Walk 5 mins. 3 x (Run 10mins, Walk 2mins).	Rest, Walk, XT	Walk 5 mins. 30min straight run! Walk 5 mins.	Rest, Walk, XT	Rest, Walk, XT	Walk 5 mins. Run 25mins. Walk 8mins. Run 15mins. Walk 5 mins.	Rest, Walk, XT	
8	Walk 5 mins. 6 x (Run 4mins, Walk 2mins)	Rest, Walk, XT	Walk 5 mins.. 20 mins continuous. Walk 5 mins.	Rest, Walk, XT	Rest, Walk, XT	5km run :)	REST and enjoy the achievement	

