COUCH TO 5K TRAINING SCHEDULE & MILESTONE TRACKER

THE 9-WEEK WALK-TO-RUN ROADMAP (3.1 MILES)

RUNNER NAME: _____ START DATE: _____/_____/20____ 5K RACE DATE: _____/_____/20____ GOAL: 3.1 MILES

TRAINING CADENCE: 3 Workouts Per Week with rest or cross-training days in between. Warm up with a 5-minute brisk walk.

WEEK	INTERVAL TRAINING PROTOCOL (3x PER WEEK)	RUN 1	RUN 2	RUN 3	CONFIDENCE
WEEK 1	Alternate 60s gentle jog & 90s walk for 20 min total	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 2	Alternate 90s jog & 2 min walk for 20 min total	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 3	2x (90s jog, 90s walk, 3 min jog, 3 min walk)	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 4	3m jog, 90s walk, 5m jog, 2.5m walk, 3m jog, 90s walk, 5m jog	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 5	R1: 5m jog x3 | R2: 8m jog x2 | R3: 20 MIN NON-STOP JOG!	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 6	R1: 5m/8m/5m | R2: 10m/10m | R3: 25 MIN NON-STOP JOG!	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 7	3x 25 min continuous jogging (Focus on steady breathing)	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 8	3x 28 min continuous jogging (Building aerobic endurance)	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5
WEEK 9	**3x 30 MIN CONTINUOUS RUN (3.1 MILES / 5K RACE DAY!)**	[ ] DONE ___/___	[ ] DONE ___/___	[ ] DONE ___/___	(1-5) / 5

MILESTONE CELEBRATIONS & 5K FINISH LINE VICTORY:

[ ] Wk 3: First 3-Min Continuous Run | [ ] Wk 5: 20-Min Milestone Breakthrough | [ ] Wk 9: Official 5K Finisher!

Official 5K Race Finish Time: ____:____ | Average Pace: ____:____ / mi | Medal Claimed & Celebrated [ ]