



Team Ordinary Couch-to-5k

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk for 30 minutes	Rest Day	Walk 5 mins (warm-up), Run Intervals: 1 min run, 1 min walk (8x), Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 1 min run, 1 min walk (8x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run Intervals: 2 min run, 1 min walk (6x), Walk 5 mins (cooldown)
2	Active Recovery	Rest Day	Walk 5 mins (warm-up), Run Intervals: 1 min run, 1 min walk (9x), Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 2 mins run, 1 min walk (6x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run Intervals: 3 mins run, 1 min walk (5x), Walk 5 mins (cooldown)
3	Active Recovery	Rest Day	Walk 5 mins (warm-up), Run Intervals: 2 mins run, 1 min walk (7x), Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 3 mins run, 1 min walk (5x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run Intervals: 4 mins run, 1 min walk (4x), Walk 5 mins (cooldown)
4	Active Recovery	Rest Day	Walk 5 mins (warm-up), Run Intervals: 2 mins run, 1 min walk (8x), Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 3 mins run, 1 min walk (6x), Walk 5 mins (cooldown)	Rest Day	YOUR FIRST MILE! (Maybe) --- Walk 5 mins (warm-up), Run for 10-15 mins OR until 1 mile, Walk 5 mins (cooldown)
5	Rest Day	Walk 5 mins (warm-up), Run Intervals: 2 mins run, 1 min walk (8x), Walk 5 mins (cooldown)	Walk 5 mins (warm-up), Run 12-15 minutes, Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 4 mins run, 1 min walk (4x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run for 15-18 mins, Walk 5 mins (cooldown)
6	Rest Day	Walk 5 mins (warm-up), Run Intervals: 3 mins run, 1 min walk (6x), Walk 5 mins (cooldown)	Walk 5 mins (warm-up), Run 15-18 mins, Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 4 mins run, 1 min walk (5x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run for 15-20 mins, Walk 5 mins (cooldown)
7	Rest Day	Walk 5 mins (warm-up), Run Intervals: 3 mins run, 1 min walk (7x), Walk 5 mins (cooldown)	Walk 5 mins (warm-up), Run 18-22 mins, Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 5 mins run, 1 min walk (4x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run for 18-22 mins OR for 2 miles, Walk 5 mins (cooldown)
8	Rest Day	Walk 5 mins (warm-up), Run Intervals: 3 mins run, 1 min walk (8x), Walk 5 mins (cooldown)	Walk 5 mins (warm-up), Run 20-25 mins, Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 5 mins run, 1 min walk (5x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run for 22-26 mins, Walk 5 mins (cooldown)
9	Rest Day	Walk 5 mins (warm-up), Run Intervals: 4 mins run, 1 min walk (6x), Walk 5 mins (cooldown)	Walk 5 mins (warm-up), Run 24-28 mins, Walk 5 mins (cooldown)	Active Recovery Day	Walk 5 mins (warm-up), Run Intervals: 6 mins run, 1 min walk (5x), Walk 5 mins (cooldown)	Rest Day	Walk 5 mins (warm-up), Run for 30 mins, Walk 5 mins (cooldown)
10	Rest Day	Walk 5 mins (warm-up), Run Intervals: 4 mins run, 1 min walk (6x), Walk 5 mins (cooldown)	Walk 5 mins (warm-up), Run 25-30 mins, Walk 5 mins (cooldown)	Active Recovery Day	Rest Day (if race is Saturday) If Race is Sunday, Walk 5 miles (warm-up), Run Intervals: 4 mins run, 1 min walk (6x), Walk 5 mins (cooldown)	RACE WEEKEND	RACE WEEKEND