



nos galan²⁰⁰⁹

A VERY DIFFERENT NEW YEAR'S EVE

COUCH to 5K RUNNING PLAN

Week 1

Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Week 2

Brisk five-minute warm-up walk, then do two repetitions of the following:

- Jog 90 seconds
- Walk 90 seconds
- Jog 3 minutes
- Walk 3 minutes

Brisk five-minute warm-up walk, then do two repetitions of the following:

- Jog 90 seconds
- Walk 90 seconds
- Jog 3 minutes
- Walk 3 minutes

Brisk five-minute warm-up walk, then do two repetitions of the following:

- Jog 90 seconds
- Walk 90 seconds
- Jog 3 minutes
- Walk 3 minutes

Week 3

Brisk five-minute warm-up walk, then:

- Jog 3 minutes
- Walk 90 seconds
- Jog 5 minutes
- Walk 2 minutes
- Jog 3 minutes
- Walk 90 seconds
- Jog 5 minutes

Brisk five-minute warm-up walk, then:

- Jog 3 minutes
- Walk 90 seconds
- Jog 5 minutes
- Walk 2 minutes
- Jog 3 minutes
- Walk 90 seconds
- Jog 5 minutes

Brisk five-minute warm-up walk, then:

- Jog 3 minutes
- Walk 90 seconds
- Jog 5 minutes
- Walk 2 minutes
- Jog 3 minutes
- Walk 90 seconds
- Jog 5 minutes

Week 4

Brisk five-minute warm-up walk, then:

- Jog 5 minutes
- Walk 3 minutes
- Jog 5 minutes
- Walk 3 minutes
- Jog 5 minutes

Brisk five-minute warm-up walk, then:

- Jog 8 minutes
- Walk 5 minutes
- Jog 8 minutes

Brisk five-minute warm-up walk, then

- Jog two miles 20 minutes with no walking.



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COUCH to 5K RUNNING PLAN

Week 5

Brisk five-minute warm-up walk, then:

- Jog 5 minutes
- Walk 3 minutes
- Jog 8 minutes
- Walk 3 minutes
- Jog 5 minutes

Brisk five-minute warm-up walk, then:

- Jog 10 minutes
- Walk 3 minutes
- Jog 10 minutes

Brisk five-minute warm-up walk, then:

- Jog 20 minutes with no walking.

Week 6

Brisk five-minute warm-up walk, then:

- Jog 5 minutes
- Walk 3 minutes
- Jog 8 minutes
- Walk 3 minutes
- Jog 5 minutes

Brisk five-minute warm-up walk, then:

- Jog 10 minutes
- Walk 3 minutes
- Jog 10 minutes

Brisk five-minute warm-up walk, then:

- Jog 25 minutes with no walking.

Week 7

Brisk five-minute warm-up walk, then:

- Jog 25 minutes

Brisk five-minute warm-up walk, then:

- Jog 25 minutes

Brisk five-minute warm-up walk, then:

- Jog 25 minutes

Week 8

Brisk five-minute warm-up walk, then:

- Jog 28 minutes

Brisk five-minute warm-up walk, then:

- Jog 28 minutes

Brisk five-minute warm-up walk, then:

- Jog 28 minutes

Week 9

Brisk five-minute warm-up walk, then:

- Jog 30 minutes

Brisk five-minute warm-up walk, then:

- Jog 30 minutes

Brisk five-minute warm-up walk, then:

- Jog 30 minutes