

Couch to 5K Training Plan

Interested in running your first 5K? Or maybe you've just let the summer fun get the best of your exercise routine. Either way, we've got you covered so you can attack the beautiful Apple Harvest Race on Sunday, October 6. The AHR course winds through scenic West Newbury, Massachusetts and has consistently been voted one of the most beautiful racecourses in New England. You don't want to miss out so get off the couch and kick this training plan into gear!



Week one: August 26-September 1

Monday, 8/26/19: Prepare!
Tuesday, 8/27/19: : Run 1 min, walk 1 min. Repeat 10 times.
Wednesday, 8/28/19: Rest
Thursday, 8/29/19: Run 2 mins, walk 4 mins. Repeat 5 times.
Friday, 8/30/19: Rest
Saturday, 8/31/19: Rest
Sunday, 9/1/19: Run 2 mins, walk 4 mins. Repeat 5 times.

Week two: September 2-8

Monday, 9/2/19: Rest
Tuesday, 9/3/19: Run 3 mins, walk 3 mins. Repeat 4 times.
Wednesday, 9/4/19: Rest
Thursday, 9/5/19: Run 3 mins, walk 3 mins. Repeat 4 times.
Friday, 9/6/19: Rest
Saturday, 9/7/19: Rest
Sunday, 9/8/19: Run 5 mins, walk 3 mins. Repeat 3 times.

Week three: September 9-15

Monday, 9/9/19: Rest
Tuesday, 9/10/19: Run 7 mins, walk 2 mins. Repeat 3 times.
Wednesday, 9/11/19: Rest
Thursday, 9/12/19: Run 8 mins, walk 2 mins. Repeat 3 times.
Friday, 9/13/19: Rest
Saturday, 9/14/19: Rest
Sunday, 9/15/19: Run 8 mins, walk 2 mins. Repeat 3 times.

Week four: September 16-22

Monday, 9/16/19: Rest
Tuesday, 9/17/19: Run 8 mins, walk 2 mins. Repeat 3 times.
Wednesday, 9/18/19: Rest
Thursday, 9/19/19: Run 10 mins, walk 2 mins. Repeat twice, then run for 5 mins.
Friday, 9/20/19: Rest
Saturday, 9/21/19: Rest
Sunday, 9/22/19: Run 8 mins, walk 2 mins. Repeat 3 times.

Week five: September 23-29

Monday, 9/23/19: Rest
Tuesday, 9/24/19: Run 9 mins, walk 1 min. Repeat 3 times.
Wednesday, 9/25/19: Rest
Thursday, 9/26/19: Run 12 mins, walk 2 mins. Repeat twice, then run for 5 mins.
Friday, 9/27/19: Rest
Saturday, 9/28/19: Rest
Sunday, 9/29/19: Run 8 mins, walk 2 mins. Repeat 3 times.

Week six: September 30-October 6

Monday, 9/30/19: Rest
Tuesday, 10/1/19: Run 15 mins, walk 1 min. Repeat twice.
Wednesday, 10/2/19: Rest
Thursday, 10/3/19: Run 8 mins, walk 2 mins. Repeat 3 times.
Friday, 10/4/19: Rest
Saturday, 10/5/19: Rest
Sunday, 10/6/19: 5K Race!

On race day: You will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly and don't wait until you are exhausted before taking some one-minute walk breaks. Congratulations!

