



8-Week Couch to 5K Programme

Week	Workout 1	Workout 2	Workout 3
Week 1 18 ~ 24 Mar	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
Week 2 25 ~ 31 Mar	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog-walk circuit: <ul style="list-style-type: none"> o Jog 200 metres (or 90 seconds) o Walk 200 metres (or 90 seconds) o Jog 400 metres (or 3 minutes) o Walk 400 metres (or 3 minutes) Y Repeat the above circuit once 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog-walk circuit: <ul style="list-style-type: none"> o Jog 200 metres (or 90 seconds) o Walk 200 metres (or 90 seconds) o Jog 400 metres (or 3 minutes) o Walk 400 metres (or 3 minutes) Y Repeat the above circuit once 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog-walk circuit: <ul style="list-style-type: none"> o Jog 200 metres (or 90 seconds) o Walk 200 metres (or 90 seconds) o Jog 400 metres (or 3 minutes) o Walk 400 metres (or 3 minutes) Y Repeat the above circuit once
Week 3 1 ~ 7 Apr	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog-walk circuit <ul style="list-style-type: none"> o Jog 400m (or 3 minutes) o Walk 200m (or 90 seconds) o Jog 800m (or 5 minutes) o Walk 400m (or 2-1/2 minutes) Y Repeat the above circuit once 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog-walk circuit <ul style="list-style-type: none"> o Jog 400m (or 3 minutes) o Walk 200m (or 90 seconds) o Jog 800m (or 5 minutes) o Walk 400m (or 2-1/2 minutes) Y Repeat the above circuit once 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog-walk circuit <ul style="list-style-type: none"> o Jog 400m (or 3 minutes) o Walk 200m (or 90 seconds) o Jog 800m (or 5 minutes) o Walk 400m (or 2-1/2 minutes) Y Repeat the above circuit once
Week 4 8 ~ 14 Apr	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog-walk circuit <ul style="list-style-type: none"> o Jog 800m (or 5 minutes) o Walk 400m (or 3 minutes) Y Repeat the above circuit twice 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 1.6km (or 10 minutes) Y Walk 400m (or 3 minutes) Y Jog 1.6km (or 10 minutes) Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 3.2km (or 20 minutes) with no walking. Y Cool down walk min. 5 minutes
Week 5 15 ~ 21 Apr	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 800m (or 5 minutes) Y Walk 400m (or 3 minutes) Y Jog 1.2km (or 8 minutes) Y Walk 400m (or 3 minutes) Y Jog 800m (or 5 minutes) Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 1.6km (or 10 minutes) Y Walk 400m (or 3 minutes) Y Jog 1.6km (or 10 minutes) Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 3.6km (or 25 minutes) with no walking. Y Cool down walk min. 5 minutes
Week 6 22 ~ 28 Apr	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 4km (or 25 minutes). Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 4km (or 25 minutes) Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 4km (or 25 minutes) Y Cool down walk min. 5 minutes
Week 7 29 Apr ~ 5 May	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 4.5km (or 28 minutes) Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 4.5km (or 28 minutes). Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 4.5km (or 28 minutes). Y Cool down walk min. 5 minutes
Week 8 6 ~ 12 May	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 5km (or 30 minutes). Y Cool down walk min. 5 minutes 	<ul style="list-style-type: none"> Y Brisk five-minute warmup walk Y Jog 5km (or 30 minutes). Y Cool down walk min. 5 minutes 	<p style="color: red; text-align: center;">Sunday 12 May 2024 Race Day!</p> <p>After 5-minute warmup stretch/walk; jog 5km to the finish line and smash your goal!</p>

Notes:

- Y *Progressiveness is the key! Don't start out too fast and stop too soon!*
- Y *The distance and time given does not need to correspond to each other; e.g.: "4km (or 25 minutes)" doesn't mean you need to jog 4km in 25 minutes; you can either take longer or shorter time for 4km or jog longer or shorter distance for 25 minutes; your choice!*
- Y *For best results, plan 3 workouts a week with at least one rest day between two workouts.*
- Y *Adding some dynamic stretches before and some static stretches after each workout helps with muscle recovery and adaptation.*
- Y *On rest days, 10-20 minutes strength, mobility, or flexibility training workouts are highly recommended.*