

MARATHON HANDBOOK

COUCH TO 5K - 4 WEEK TRAINING PLAN : MILES

| WEEK | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------|------------------------|-------------------------------------|------------------------|-------------------------------------|-------------------|------------------------|-----------------------|
| 1 | | Rest Or Cross Train | Walk / Run | Rest Or Cross Train | Walk / Run | Strength Training | Rest Or Cross Train | Long Run |
| | | | 10 x 2 min walk 1 min run | | 10 x 2 min walk 1 min run | 45-60 mins | | 12 minute long run |
| 2 | | Rest Or Cross Train | Walk / Run | Rest Or Cross Train | Walk / Run | Strength Training | Rest Or Cross Train | Long Run |
| | | | 15 x 1 min walk 1 min run | | 15 x 1 min walk 1 min run | 45-60 mins | | 18 minute long run |
| 3 | | Rest Or Cross Train | Walk / Run | Rest Or Cross Train | Walk / Run | Strength Training | Rest Or Cross Train | Long Run |
| | | | 15 x 0.5 min walk 1.5 min run | | 15 x 0.5 min walk 1.5 min run | 45-60 mins | | 26 minute long run |
| 4 | | Rest Or Cross Train | Walk / Run | Rest Or Cross Train | Walk / Run | Strength Training | Rest | 5k |
| | | | 10 x 1 min walk 2 min run | | 10 x 1 min walk 2 min run | 45-60 mins | | |