Free Printable

Couch to 5K Tracker

Week-by-week walk-run plan with tick boxes for each of the 27 training sessions

Inside this PDF
Week-by-week walk-run plan with tick boxes for each of the 27 training sessions
From your first 60-second jog to 30 minutes non-stop
9 weeks, 3 runs a week, rest days in between
Prints on Letter or A4 - free for personal use

styleyouritems.com

Free for personal use. No sign-up, no email.

Couch to 5K - Week 1

Week of: _____

Week 1 goal: 20 minutes of intervals.

Session	Workout	Done	How it felt
Run 1	Brisk 5-minute walk, then alternate 60 seconds jogging and 90 seconds walking, repeat 8 times		
Run 2	Brisk 5-minute walk, then alternate 60 seconds jogging and 90 seconds walking, repeat 8 times		
Run 3	Brisk 5-minute walk, then alternate 60 seconds jogging and 90 seconds walking, repeat 8 times		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 2

Week of: _____

Week 2 goal: A little more jogging, a little less walking.

Session	Workout	Done	How it felt
Run 1	Brisk 5-minute walk, then alternate 90 seconds jogging and 2 minutes walking, repeat 6 times		
Run 2	Brisk 5-minute walk, then alternate 90 seconds jogging and 2 minutes walking, repeat 6 times		
Run 3	Brisk 5-minute walk, then alternate 90 seconds jogging and 2 minutes walking, repeat 6 times		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 3

Week of: _____

Week 3 goal: Your first 3-minute jog.

Session	Workout	Done	How it felt
Run 1	Brisk 5-minute walk, then 90 seconds jogging, 90 seconds walking, 3 minutes jogging, 3 minutes walking, repeat twice		
Run 2	Brisk 5-minute walk, then 90 seconds jogging, 90 seconds walking, 3 minutes jogging, 3 minutes walking, repeat twice		
Run 3	Brisk 5-minute walk, then 90 seconds jogging, 90 seconds walking, 3 minutes jogging, 3 minutes walking, repeat twice		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 4

Week of: _____

Week 4 goal: Your first 5-minute jog.

Session	Workout	Done	How it felt
Run 1	Brisk 5-minute walk, then 3 minutes jogging, 90 seconds walking, 5 minutes jogging, 2.5 minutes walking, 3 minutes jogging, 90 seconds walking, 5 minutes jogging		
Run 2	Brisk 5-minute walk, then 3 minutes jogging, 90 seconds walking, 5 minutes jogging, 2.5 minutes walking, 3 minutes jogging, 90 seconds walking, 5 minutes jogging		
Run 3	Brisk 5-minute walk, then 3 minutes jogging, 90 seconds walking, 5 minutes jogging, 2.5 minutes walking, 3 minutes jogging, 90 seconds walking, 5 minutes jogging		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 5

Week of: _____

Week 5 goal: Your first 20-minute run.

Session	Workout	Done	How it felt
Run 1	5 minutes jogging, 3 minutes walking, repeat 3 times		
Run 2	8 minutes jogging, 5 minutes walking, repeat twice		
Run 3	20 minutes jogging, no walking		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 6

Week of: _____

Week 6 goal: Your first 25-minute run.

Session	Workout	Done	How it felt
Run 1	5 minutes jogging, 3 minutes walking, 8 minutes jogging, 3 minutes walking, 5 minutes jogging		
Run 2	10 minutes jogging, 3 minutes walking, repeat twice		
Run 3	25 minutes jogging		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 7

Week of: _____

Week 7 goal: Three 25-minute runs.

Session	Workout	Done	How it felt
Run 1	25 minutes jogging, no walking breaks, three times this week		
Run 2	25 minutes jogging, no walking breaks, three times this week		
Run 3	25 minutes jogging, no walking breaks, three times this week		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 8

Week of: _____

Week 8 goal: Three 28-minute runs.

Session	Workout	Done	How it felt
Run 1	28 minutes jogging, no walking breaks, three times this week		
Run 2	28 minutes jogging, no walking breaks, three times this week		
Run 3	28 minutes jogging, no walking breaks, three times this week		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

Couch to 5K - Week 9

Week of: _____

Week 9 goal: Three 30-minute runs - 5K ready.

Session	Workout	Done	How it felt
Run 1	30 minutes jogging, no walking breaks, three times this week - you are a runner now		
Run 2	30 minutes jogging, no walking breaks, three times this week - you are a runner now		
Run 3	30 minutes jogging, no walking breaks, three times this week - you are a runner now		

Warm up with a brisk 5-minute walk and cool down with a slow 5-minute walk. Take at least one rest day between runs.

My 5K Goal

My goal race or run:

Race date:

I started Week 1 on:

My longest run so far:

How I will celebrate finishing: