

COUCH TO 5K TRAINING LOG

Runner: _____ Start Date: ____ / ____ / ____

WEEK	DAY	WORKOUT DESCRIPTION	DONE
01	Mon/Wed/Fri	5m warm-up. Alternating 60s jog / 90s walk (20m total).	
02	Mon/Wed/Fri	5m warm-up. Alternating 90s jog / 2m walk (20m total).	
03	Mon/Wed/Fri	5m warm-up. 2 reps of: 90s jog, 90s walk, 3m jog, 3m walk.	
04	Mon/Wed/Fri	5m warm-up. 3m jog, 90s walk, 5m jog, 2.5m walk, 3m jog, 90s walk, 5m jog.	
05	Day 3	5m warm-up. 20m continuous jog (No walking).	
06	Day 3	5m warm-up. 25m continuous jog (No walking).	
07	Mon/Wed/Fri	5m warm-up. 25m continuous jog.	
08	Mon/Wed/Fri	5m warm-up. 28m continuous jog.	

WEEK	DAY	WORKOUT DESCRIPTION	DONE
09	Mon/Wed/Fri	5m warm-up. 30m continuous jog (The 5K Goal).	

Notes: Always include a 5-minute walk to warm up and cool down. Rest days are mandatory between runs.