

COUCH TO 5K DISTANCE LOG

Runner: _____ Start Date: _____

WEEK	DAY	PLANNED WORKOUT	DISTANCE	TIME/PACE	DONE
	1	Run 60s, Walk 90s (x8)			
Week 1	2	Run 60s, Walk 90s (x8)			
	3	Run 60s, Walk 90s (x8)			
	1	Run 90s, Walk 2m (x6)			
Week 2	2	Run 90s, Walk 2m (x6)			
	3	Run 90s, Walk 2m (x6)			
	1	2x (Run 90s, Walk 90s, Run 3m, Walk 3m)			
Week 3	2	2x (Run 90s, Walk 90s, Run 3m, Walk 3m)			
	3	2x (Run 90s, Walk 90s, Run 3m, Walk 3m)			

Notes: Record total distance including warm-up/cool-down walks. Listen to your body and rest between run days.