



COUCH TO 5K

Follow this simple step-by-step guide to walking or running your first 5k!

WEEK	WORKOUT DAYS	WORKOUT DURATION	INTERVALS
1	3 days a week	15-20 minutes	30-SECOND intervals of walking fast or jogging followed by 1 MINUTE of walking at a moderate pace
2	4 days a week	20-25 minutes	45-SECOND intervals of walking fast or jogging followed by 45 SECONDS of walking at a moderate pace
3	4 days a week	20-25 minutes	60-SECOND intervals of walking fast or jogging followed by 45 SECONDS of walking at a moderate pace
4	4 days a week	25-30 minutes	90-SECOND intervals of walking fast or jogging followed by 60 SECONDS of walking at a moderate pace
5	4 OR 5 days a week	25-30 minutes	2-MINUTE intervals of walking fast or jogging followed by 30 SECONDS of walking at a moderate pace
6	3 days a week	30-35 minutes	2 TO 5-MINUTE intervals of walking fast or jogging followed by walking at a moderate pace AS LONG AS YOU NEED

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