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| **Couch to 5k 9 week plan** |  |  |
| **Day** | **Mon** | **Weds/Thus** | **Sat/Sun** |
| **Week** | **Workout 1** | **Workout 2** | **Workout 3** |
| **1** | Brisk 5 minute warm-up, then alternate 60 secs of jogging with 90 secs of walking for 20 mins. Cool down and stretch. | Brisk 5 minute warm-up, then alternate 60 secs of jogging with 90 secs of walking for 20 mins. Cool down and stretch. | Brisk 5 minute warm-up, then alternate 60 secs of jogging with 90 secs of walking for 20 mins. Cool down and stretch. |
| **2** | Brisk 5 minute warm-up, then alternate 90 secs of jogging with 2 mins of walking for 20 mins. Cool down and stretch. | Brisk 5 minute warm-up, then alternate 90 secs of jogging with 2 mins of walking for 20 mins. Cool down and stretch. | Brisk 5 minute warm-up, then alternate 90 secs of jogging with 2 mins of walking for 20 mins. Cool down and stretch. |
| **3** | Brisk 5 minute warm-up, then Jog 90 secs walk 90 secs followed by jog for 3 mins walk for 3 mins. (Two reps) Cool down and stretch. | Brisk 5 minute warm-up, then Jog 90 secs walk 90 secs followed by jog for 3 mins walk for 3 mins. (Two reps) Cool down and stretch. | Brisk 5 minute warm-up, then Jog 90 secs walk 90 secs followed by jog for 3 mins walk for 3 mins. (Two reps) Cool down and stretch. |
| **4** | Brisk 5 minute warm-up, then Jog 3 mins, walk 90 secs followed by jog for 5 mins walk 2.5 mins. Jog 3 mins, walk 90 secs. Jog 5mins. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 3 mins, walk 90 secs followed by jog for 5 mins, walk 2.5 mins. Jog 3 mins walk 90 secs. Jog 5 mins. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 3 mins, walk 90 secs followed by jog for 5 mins walk 2.5 mins. Jog 3 mins, walk 90 secs jog 5mins. Cool down and stretch. |
| **5** | Brisk 5 minute warm-up, then Jog 5 mins, walk 3 mins followed by jog for 5 mins walk 3 mins. Jog 5 mins. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 8 mins, walk 5 mins. Jog 8 mins. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 20 mins, no walking. Cool down and stretch. |
| **6** | Brisk 5 minute warm-up, then Jog 5 mins, walk 3 mins followed by jog for 8 mins walk 3 mins. Jog 5 mins. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 10 mins, walk 3 mins. Jog 10 mins. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 22 mins, no walking. Cool down and stretch. |
| **7** | Brisk 5 minute warm-up, then Jog 25 mins, no walking. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 25 mins, no walking. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 25 mins, no walking. Cool down and stretch. |
| **8** | Brisk 5 minute warm-up, then Jog 28 mins, no walking. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 28 mins, no walking. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 28 mins, no walking. Cool down and stretch. |
| **9** | Brisk 5 minute warm-up, then Jog 30 mins. Cool down and stretch. | Brisk 5 minute warm-up, then Jog 30 mins. Cool down and stretch. | The final workout! Brisk 5 minute warm-up, then Jog 30 mins or 3 miles. Cool down and stretch. |