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KBC Couch To 5k Training Plan – Week 1 of 12

MONDAY	Rest
TUESDAY	20min Walk
WEDNESDAY	Rest
THURSDAY	20min Walk
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	5min Walk, 1min Run & Walk Until Recovered. Repeat for 20min. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 2 of 12

MONDAY	Rest
TUESDAY	5min Walk, 1min Run & Walk Until Recovered. Repeat for 20min. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Walk, 1min Run & Walk Until Recovered. Repeat for 20min. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	5min Walk, 1min Run & Walk Until Recovered. Repeat for 20min. 5min Cool Down Walk
SUNDAY	5min Walk, 1min Run & 2min Walk. Repeat for 20min. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 3 of 12

MONDAY	Rest
TUESDAY	5min Walk, 1min Run & 2min Walk. Repeat for 20min. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Walk, 1min Run & 90sec Walk. Repeat for 20min. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	5min Walk, 1min Run & 90sec Walk. Repeat for 20min. 5min Cool Down Walk
SUNDAY	5min Walk, 1min Run & 2min Walk. Repeat for 20min. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 4 of 12

MONDAY	Rest
TUESDAY	5min Walk, 1min Run & 90sec Walk. Repeat for 20min. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Walk, 1min Run & 90sec Walk. Repeat for 20min. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	5min Walk, 1min Run & 1min Walk. Repeat for 20min. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 5 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk, 90sec Run & 90sec Walk. Repeat for 20min. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk, 90sec Run & 90sec Walk. Repeat for 20min. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	5min Brisk Walk, 90sec Run & 90sec Walk. Repeat for 20min. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 6 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk, 2min Run & 2min Walk. Repeat for 20min. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk, 2min Run & 1min Walk. Repeat for 20min. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	5min Brisk Walk, 3min Run & 1min Walk. Repeat for 20min. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 7 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk, 5min Run & 1min Walk. Repeat 4 Times. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk, 10min Run & 1min Walk. Repeat 2 Times. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	5min Brisk Walk, 10min Run & 1min Walk. Repeat 2 Times. 5min Cool Down Walk
SUNDAY	5min Brisk Walk, 10min Run & 1min Walk. Repeat 2 Times. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 8 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk, 5min Run & 1min Walk. Repeat 4 Times. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk, 10min Run & 1min Walk. Repeat 2 Times. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	5min Brisk Walk, 10min Run & 1min Walk. Repeat 2 Times. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 9 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk, 15min Run, 5min Walk & 10min Run. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk, 15min Run, 5min Walk & 10min Run. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	5min Brisk Walk, 10min Run & 1min Walk. Repeat 2 Times. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 10 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk, 20min Run, 5min Walk & 10min Run. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk, 15min Run, 5min Walk & 10min Run. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	5min Brisk Walk, 1min Fast Run & 2min Walk. Repeat For 20mins. 5min Cool Down Walk
SUNDAY	5min Brisk Walk, 15min Run, 5min Walk & 10min Run. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 11 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk & 25min Run. 5min Cool Down Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk & 25min Run. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	5min Brisk Walk, 1min Fast Run & 2min Walk. Repeat For 20mins. 5min Cool Down Walk
SUNDAY	5min Brisk Walk & 30min Run. 5min Cool Down Walk

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KBC Couch To 5k Training Plan – Week 12 of 12

MONDAY	Rest
TUESDAY	5min Brisk Walk, 15-25min Run & 35min Brisk Walk
WEDNESDAY	Rest
THURSDAY	5min Brisk Walk, 1min Fast Run & 2min Walk. Repeat For 20mins. 5min Cool Down Walk
FRIDAY	Rest
SATURDAY	Rest
SUNDAY	Run Your 5km

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KBC Couch To 5k Training Plan – Definitions

Warm Up →

Warming up can help prevent injury & improve performance. Incorporate walking, strides & dynamic stretches such as lunges and leg swings into your pre-run routine.

Cool Down →

Finish your run with a cool down walk.
The cool down relaxes your muscles and lowers your heart rate & breathing from your workout intensity.

Rest Day →

Take a break and let your body recover. Feel free to go for a walk or cycle or even do a strength workout if your body feels good. Use this time to get stretching and foam rolling to get ready for the next run/walk.

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