

Couch to 5k Metric Version

Week	Workout 1	Workout 2	Workout 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 metres (or 90 seconds) • Walk 200 metres (or 90 seconds) • Jog 400 metres (or 3 minutes) • Walk 400 metres (or three minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 metres (or 90 seconds) • Walk 200 metres (or 90 seconds) • Jog 400 metres (or 3 minutes) • Walk 400 metres (or three minutes) 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 200 metres (or 90 seconds) • Walk 200 metres (or 90 seconds) • Jog 400 metres (or 3 minutes) • Walk 400 metres (or three minutes)
4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 400m (or 3 minutes) • Walk 200m (or 90 seconds) • Jog 800m (or 5 minutes) • Walk 400m (or 2-1/2 minutes) • Jog 400m (or 3 minutes) • Walk 200m (or 90 seconds) • Jog 800m (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 400m (or 3 minutes) • Walk 200m (or 90 seconds) • Jog 800m (or 5 minutes) • Walk 400m (or 2-1/2 minutes) • Jog 400m (or 3 minutes) • Walk 200m (or 90 seconds) • Jog 800m (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 400m (or 3 minutes) • Walk 200m (or 90 seconds) • Jog 800m (or 5 minutes) • Walk 400m (or 2-1/2 minutes) • Jog 400m (or 3 minutes) • Walk 200m (or 90 seconds) • Jog 800m (or 5 minutes)
5	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 800m (or 5 minutes) • Walk 400m (or 3 minutes) • Jog 800m (or 5 minutes) • Walk 400m (or 3 minutes) • Jog 800m (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1.2km (or 8 minutes) • Walk 800m (or 5 minutes) • Jog 1.2km (or 8 minutes) 	Brisk five-minute warmup walk, then jog 3.2km (or 20 minutes) with no walking.
6	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 800m (or 5 minutes) • Walk 400m (or 3 minutes) • Jog 1.2km (or 8 minutes) • Walk 400m (or 3 minutes) • Jog 800m (or 5 minutes) 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Jog 1.6km (or 10 minutes) • Walk 400m (or 3 minutes) • Jog 1.6km (or 10 minutes) 	Brisk five-minute warmup walk, then jog 3.6km (or 25 minutes) with no walking.
7	Brisk five-minute warmup walk, then jog 4km (or 25 minutes).	Brisk five-minute warmup walk, then jog 4km (or 25 minutes).	Brisk five-minute warmup walk, then jog 4km (or 25 minutes).
8	Brisk five-minute warmup walk, then jog 4.5km (or 28 minutes).	Brisk five-minute warmup walk, then jog 4.5km (or 28 minutes).	Brisk five-minute warmup walk, then jog 4.5km (or 28 minutes).
9	Brisk five-minute warmup walk, then jog 5km (or 30 minutes).	Brisk five-minute warmup walk, then jog 5km (or 30 minutes).	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 5km (or 30 minutes).