

# Couch To 5K



## IN 8 WEEKS

Week	Run	Walk	Times
Week One.	2 minutes.	1 minute.	4x
Week Two.	4 minutes.	2 minutes.	4x
Week Three.	8 minutes.	2 minutes.	4x
Week Four.	10 minutes.	1 minute.	3x
Week Five.	14-16 min.	2 minutes.	3x
Week Six.	17 minutes.	2 minutes.	2x
Week Seven.	17 minutes.	1 minutes.	2x
Week Eight.	34 minutes.		

**DSCC MWR training tip: Wear proper running shoes when doing this training plan.**