

Couch to 5K

Nine weeks · three runs a week · four rest days

NZ Running

NZRUNNING.CO.NZ

HOW TO USE THIS Do each day's box top to bottom. Jog slowly enough to talk in full sentences. Shift the week if Mon/Wed/Sat don't suit — just keep a rest day between runs. Bold is jogging, grey is walking. A lime bar marks a block to repeat: **2×** means do everything beside the bar twice.

WEEK	MONDAY	TUE	WEDNESDAY	THU-FRI	SATURDAY	SUN
1	WARM UP 5 min walk ☐ 8× 1 min jog → 90 sec walk COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ 8× 1 min jog → 90 sec walk COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ 8× 1 min jog → 90 sec walk COOL DOWN 5 min walk	—
2	WARM UP 5 min walk ☐ 6× 90 sec jog → 2 min walk COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ 6× 90 sec jog → 2 min walk COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ 6× 90 sec jog → 2 min walk COOL DOWN 5 min walk	—
3	WARM UP 5 min walk ☐ 2× 90 sec jog → 90 sec walk → 3 min jog → 3 min walk COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ 2× 90 sec jog → 90 sec walk → 3 min jog → 3 min walk COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ 2× 90 sec jog → 90 sec walk → 3 min jog → 3 min walk COOL DOWN 5 min walk	—
4	WARM UP 5 min walk ☐ THEN 3 min jog → 90 sec walk → 5 min jog → 2½ min walk → 3 min jog → 90 sec walk → 5 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 3 min jog → 90 sec walk → 5 min jog → 2½ min walk → 3 min jog → 90 sec walk → 5 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 3 min jog → 90 sec walk → 5 min jog → 2½ min walk → 3 min jog → 90 sec walk → 5 min jog COOL DOWN 5 min walk	—
5	WARM UP 5 min walk ☐ THEN 5 min jog → 3 min walk → 5 min jog → 3 min walk → 5 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 8 min jog → 5 min walk → 8 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 20 min jog COOL DOWN 5 min walk	—
6	WARM UP 5 min walk ☐ THEN 5 min jog → 3 min walk → 8 min jog → 3 min walk → 5 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 10 min jog → 3 min walk → 10 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 25 min jog COOL DOWN 5 min walk	—
7	WARM UP 5 min walk ☐ THEN 25 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 25 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 25 min jog COOL DOWN 5 min walk	—
8	WARM UP 5 min walk ☐ THEN 28 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 28 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 28 min jog COOL DOWN 5 min walk	—
9	WARM UP 5 min walk ☐ THEN 30 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 30 min jog COOL DOWN 5 min walk	—	WARM UP 5 min walk ☐ THEN 30 min jog COOL DOWN 5 min walk	—

Repeat a week if you need to

Taking 12 weeks instead of 9 costs you nothing. The only version of this plan that fails is the one you quit.

Slower than you think

If you can't speak a full sentence while jogging, ease off. It doesn't matter if it's barely faster than walking.

Sore is fine, sharp is not

Aching legs the next day are normal. Sharp pain, a limp, or pain that worsens as you run — stop, rest, see a physio.

Finish at a parkrun. Free, timed, 8am every Saturday, 60-plus locations around New Zealand. Walking it is completely normal.

More 5Ks: nzrunning.co.nz/events