

LaGuardia Couch to 5K Plan

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	1 minute run, 1.5 minute walk. x8 times each	Rest / Cross Train	1 minute run, 1.5 minute walk. x8 times each	Rest / Cross Train	1 minute run, 1.5 minute walk. x8 times each	Rest / Cross Train	Rest
2	1 minute run, 2 minute walk. x6 times each	Rest / Cross Train	1.5 minute run, 2 minute walk. x6 times each	Rest / Cross Train	1.5 minute run, 2 minute walk. x6 times each	Rest / Cross Train	Rest
3	2 minute run, 2 minute walk. x5 times each	Rest / Cross Train	2.5 minute run, 2.5 minute walk. x4 times each	Rest / Cross Train	2.5 minute run, 2.5 minute walk. x4 times each	Rest / Cross Train	Rest
4	3 minute run, 2 minute walk. x4 times each	Rest / Cross Train	3 minute run, 2 minute walk. x4 times each	Rest / Cross Train	4 minute run, 2.5 minute walk. x3 times each	Rest / Cross Train	Rest
5	5 minute run, 3 minute walk. x3 times each	Rest / Cross Train	8 minute run, 5 minute walk. x2 times each	Rest / Cross Train	10 minute run, 5 minute walk. x2 times each	Rest / Cross Train	Rest
6	6 minute run, 3 minute walk. x3 times each	Rest / Cross Train	10 minute run, 3 minute walk. x2 times each	Rest / Cross Train	20 minute run	Rest / Cross Train	Rest
7	20 minute run	Rest / Cross Train	25 minute run	Rest / Cross Train	25 minute run	Rest / Cross Train	Rest
8	30 minute run	Rest / Cross Train	30 minute run	Rest / Cross Train	Rest	5K Race Day!	Rest



- ▶ Start every workout with a walk or active movement to warm up.
- ▶ Don't worry about speed or pace; keep it slow and keep moving forward at a conversational pace.
- ▶ It's OK to miss a workout or take an extra rest day if it's necessary.
- ▶ You can do light, low impact exercise on cross training days such as strength training, stretching, biking, or elliptical training.

