The Couch-to-5K® Running Plan

Use this 9 week training guide to prepare yourself for the PCOS Awareness 5K Fun Run on September 25, 2011. Begin your training by the week of July 24 to finish your program by the 5K. You can find the information in this chart and more running information at http://www.coolrunning.com/engine/2/2_3/181.shtml.

<table>
<thead>
<tr>
<th>Week</th>
<th>Workout 1</th>
<th>Workout 2</th>
<th>Workout 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</td>
</tr>
<tr>
<td>2</td>
<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
</tr>
</tbody>
</table>
| 3    | Brisk five-minute warmup walk, then do two repetitions of the following:  
   - Jog 200 yards (or 90 seconds)  
   - Walk 200 yards (or 90 seconds)  
   - Jog 400 yards (or 3 minutes)  
   - Walk 400 yards (or three minutes) | Brisk five-minute warmup walk, then do two repetitions of the following:  
   - Jog 200 yards (or 90 seconds)  
   - Walk 200 yards (or 90 seconds)  
   - Jog 400 yards (or 3 minutes)  
   - Walk 400 yards (or three minutes) | Brisk five-minute warmup walk, then do two repetitions of the following:  
   - Jog 200 yards (or 90 seconds)  
   - Walk 200 yards (or 90 seconds)  
   - Jog 400 yards (or 3 minutes)  
   - Walk 400 yards (or three minutes) |
| 4    | Brisk five-minute warmup walk, then:  
   - Jog 1/4 mile (or 3 minutes)  
   - Walk 1/8 mile (or 90 seconds)  
   - Jog 1/2 mile (or 5 minutes)  
   - Walk 1/4 mile (or 2-1/2 minutes)  
   - Jog 1/4 mile (or 3 minutes)  
   - Walk 1/8 mile (or 90 seconds)  
   - Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
   - Jog 1/4 mile (or 3 minutes)  
   - Walk 1/8 mile (or 90 seconds)  
   - Jog 1/2 mile (or 5 minutes)  
   - Walk 1/4 mile (or 2-1/2 minutes)  
   - Jog 1/4 mile (or 3 minutes)  
   - Walk 1/8 mile (or 90 seconds)  
   - Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
   - Jog 1/4 mile (or 3 minutes)  
   - Walk 1/8 mile (or 90 seconds)  
   - Jog 1/2 mile (or 5 minutes)  
   - Walk 1/4 mile (or 2-1/2 minutes)  
   - Jog 1/4 mile (or 3 minutes)  
   - Walk 1/8 mile (or 90 seconds)  
   - Jog 1/2 mile (or 5 minutes) |
<table>
<thead>
<tr>
<th>Week</th>
<th>Workout 1</th>
<th>Workout 2</th>
<th>Workout 3</th>
</tr>
</thead>
</table>
| 5    | Brisk five-minute warmup walk, then:  
- Jog 1/2 mile (or 5 minutes)  
- Walk 1/4 mile (or 3 minutes)  
- Jog 1/2 mile (or 5 minutes)  
- Walk 1/4 mile (or 3 minutes)  
- Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
- Jog 3/4 mile (or 8 minutes)  
- Walk 1/2 mile (or 5 minutes)  
- Jog 3/4 mile (or 8 minutes) | Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking. |
| 6    | Brisk five-minute warmup walk, then:  
- Jog 1/2 mile (or 5 minutes)  
- Walk 1/4 mile (or 3 minutes)  
- Jog 3/4 mile (or 8 minutes)  
- Walk 1/4 mile (or 3 minutes)  
- Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
- Jog 1 mile (or 10 minutes)  
- Walk 1/4 mile (or 3 minutes)  
- Jog 1 mile (or 10 minutes) | Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking. |
| 7    | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). |
| 8    | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). |
| 9    | Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). | Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). | The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). |