



Looking for a beginner-friendly Couch to 5K training plan? This structured program builds endurance, improves cardiovascular fitness, and supports consistent exercise for all fitness levels. With weekly guidance and progress tracking, it helps you safely reach your 5K goal and start a healthier, more active lifestyle.

INSTRUCTIONS

- **Step 1:** Save the Couch to 5k Plan (Reverse Side)
- **Step 2:** Choose an app to keep track of your walk/jog times. (Apple watch, Garmin, Map My Run, Strava)
- **Step 3:** Begin 6 week program!
- **Step 4:** Log each work out
- **Step 5:** After 3 weeks of meeting the weekly qualifiers, **check your email for a discount code valued at \$10 for the next race in the series*!**
- **Step 6:** Register for YMCA Race
- **Step 7:** Continue to complete 6 week plan
- **Step 8: RUN YOUR RACE!**

* The discount code is only redeemable for the race specified in the email.



2026 RACES

- **Bunny Hop**

Race Day: March 28, 2026

Start Couch to 5K by: Feb. 14

- **Race to Remember**

Race Day: May 23, 2026

Start Couch to 5K by: April 11

- **Pumpkin Run**

Race Day: Oct. 17, 2026

Start Couch to 5K by: Sept. 5



LOG YOUR WORKOUTS



REGISTER FOR RACES





Follow this simple, step-by-step plan to walk or run your first 5K.

WEEK	WORKOUT DAYS	WORKOUT DURATION	INTERVALS
1	3 Days a Week	15-20 Minutes	30-SECOND intervals of walking fast or jogging followed by 1 MINUTE of walking at a moderate pace
2	4 Days a Week	20-25 Minutes	45-SECOND intervals of walking fast or jogging followed by 45 SECONDS of walking at a moderate pace
3	4 Days a Week	20-25 Minutes	60-SECOND intervals of walking fast or jogging followed by 45 SECONDS of walking at a moderate pace
4	4 Days a Week	25-30 Minutes	90-SECOND intervals of walking fast or jogging followed by 60 SECONDS of walking at a moderate pace
5	4 OR 5 Days a Week	25-30 Minutes	2-MINUTE intervals of walking fast or jogging followed by 30 SECONDS of walking at a moderate pace
6	3 Days a Week	30-35 Minutes	2 TO 5-MINUTE intervals of walking fast or jogging followed by walking at a moderate pace AS LONG AS YOU NEED



Share your Couch to 5k journey on social media and tag us!



LOG YOUR WORKOUTS

