

A man in a blue athletic shirt and black shorts is running, captured in a side profile. He is pointing his right arm upwards. The background is a vibrant blue with a pattern of overlapping geometric shapes, resembling a stylized 'X' or a series of chevron patterns. The text 'START YOUR COUCH TO 5K RUN PLAN' is overlaid in large, white, sans-serif capital letters.

START  
YOUR  
COUCH  
TO 5K  
RUN PLAN

TODAY

# First of all - congratulations!

You are about to take the first step  
in an exciting life changing  
experience.

## Welcome to Your Couch to 5k Run Plan

Your Couch to 5k Run Plan program is designed for anyone who wants to get started running, get fit, lose weight or simply embark on a healthy new lifestyle.

Running is a fantastic way to keep fit and has so many great health benefits. It doesn't require costly equipment or expensive gym memberships, can be done almost anywhere, and just about anyone can do it.

### SAFETY FIRST: BEFORE YOU BEGIN

- ✓ Read our full guide: [How to Go From Couch to 5k](#)
- ✓ Consult your doctor or healthcare provider BEFORE you begin
- ✓ Get professionally fitted running shoes
- ✓ Warm up before every session — never start cold
- ✓ Rest at least one full day between sessions
- ✓ Listen to your body: repeat weeks, slow down, or pause if needed

'Your wellbeing matters more than any finish line.'  
— Steve, RMWA

# Your Plan

- This is a 10 week program.
- You will run three days a week.
- Each session is 30 minutes.

Some tips to help you enjoy the program and succeed in your end goal of running 5k non-stop.

- You don't have to run on the same day at the same time every week, just make sure you get in your three workouts, make it a non-negotiable must do.
- Ensure you have a full days rest in-between each session.
- If you find a particular session a little difficult or can't complete it, just repeat it until you can finish it. It doesn't matter if it takes you longer than 10 weeks, the important thing is that you successfully reach your end goal.
- Use your smart/sports watch or phone to time each walk/run.
- Remember to warm up and cool down. A brisk walk for a couple of minutes before each session will help, especially on cold days.
- Don't forget to take some water with you. Keep hydrated!
- Print off each week of the plan as you progress and tick the star for each day as you complete the workout.

Let's get started, have fun, keep your eye on that end goal and let me know if you have any questions.

Good luck and happy running

# Couch to 5k

## Run Plan

### WEEK 1

#### Day 1

Set your timer, let's go.

For your first day we are going to walk for the full 30 minutes. Walk at your normal pace, a little faster at the end.

Finish the whole 30 minutes without stopping.



#### Day 2

Today we introduce a little running.

10 min walk, 2 min run, 10 min walk, 2 min run, 6 min walk.

Total run time 4 minutes.



#### Day 3

Let's increase the running a little.

5 min walk, 2 min run, 6 min walk, 3 min run, 7 min walk, 2 min run, 5 min walk.

Total run time 7 minutes. Great job, week 1 done.



# Couch to 5k

## Run Plan

### WEEK 2

#### Day 1

Already your second week, you've made an awesome start!

5 min walk, 3 min run, 5 min walk, 3 min run, 6 min walk, 3 min run, 5 min walk.

Total run time 9 minutes.



#### Day 2

For the first time we will run for more than ten minutes.

5 min walk, 3 min run, 5 min walk, 4 min run, 5 min walk, 4 min run, 4 min walk.

Total run time 11 minutes.



#### Day 3

Massive progress, running quite a bit now!

5 min walk, 4 min run, 4 min walk, 4 min run, 5 min walk, 4 min run, 4 min walk.

Total run time 12 minutes. Great job, week 2 done.



# Couch to 5k

## Run Plan

### WEEK 3

#### Day 1

This week see's you running over 15 minutes each time.

4 min walk, 4 min run, 4 min walk, 5 min run, 4 min walk,  
5 min run, 4 min walk.

Total run time 14 minutes.



#### Day 2

Congratulations, 15 minutes running.

4 min walk, 5 min run, 4 min walk, 5 min run, 4 min walk,  
5 min run, 3 min walk.

Total run time 15 minutes.



#### Day 3

Did you think you couldn't run? Yes you can!

4 min walk, 5 min run, 4 min walk, 6 min run, 4 min walk,  
5 min run, 2 min walk.

Total run time 16 minutes. Great job, week 3 done.



# Couch to 5k

## Run Plan

### WEEK 4

#### Day 1

This week you'll be up to 20 minutes running, awesome!

3 min walk, 5 min run, 3 min walk, 6 min run, 4 min walk, 7 min run, 2 min walk.

Total run time 18 minutes.



#### Day 2

Positive changes are happening in your body, keep going!

3 min walk, 5 min run, 3 min walk, 7 min run, 3 min walk, 7 min run, 2 min walk.

Total run time 19 minutes.



#### Day 3

If you can't finish a session, it's ok to repeat it until you can.

3 min walk, 5 min run, 2 min walk, 8 min run, 3 min walk, 7 min run, 2 min walk.

Total run time 20 minutes. Great effort, week 4 done.



# Couch to 5k

## Run Plan

### WEEK 5

#### Day 1

Week five already, half way there.

2 min walk, 5 min run, 2 min walk, 8 min run, 3 min walk, 8 min run, 2 min walk.

Total run time 21 minutes.



#### Day 2

Got any questions? Never hesitate to reach out to us.

2 min walk, 6 min run, 2 min walk, 8 min run, 2 min walk, 8 min run, 2 min walk.

Total run time 22 minutes.



#### Day 3

Congratulations, you are half way there, this is big!

2 min walk, 7 min run, 2 min walk, 8 min run, 2 min walk, 8 min run, 1 min walk.

Total run time 23 minutes. Well done, a real milestone.



# Couch to 5k

## Run Plan

### WEEK 6

#### Day 1

You are running a lot more now, don't forget your water.

1 min walk, 8 min run, 2 min walk, 8 min run, 2 min walk, 8 min run, 1 min walk.

Total run time 24 minutes.



#### Day 2

Your fitness is improving with every workout.

1 min walk, 8 min run, 1 min walk, 8 min run, 2 min walk, 9 min run, 1 min walk.

Total run time 25 minutes.



#### Day 3

Remember, at least one full days rest between workouts.

1 min walk, 9 min run, 1 min walk, 8 min run, 1 min walk, 9 min run, 1 min walk.

Total run time 26 minutes. Getting closer to 30 mins.



# Couch to 5k

## Run Plan

### WEEK 7

#### Day 1

Remember your warm up and cool down.

9 min run, 1 min walk, 10 min run, 1 min walk, 8 min run,  
1 min walk.

Total run time 27 minutes. Getting close now.



#### Day 2

Awesome running, up to 12 mins per run segment now.

10 min run, 1 min walk, 12 min run, 1 min walk, 6 min run.

Total run time 28 minutes.



#### Day 3

Last day of two rest periods, you're doing great!

11 min run, 1 min walk, 14 min run, 1 min walk, 4 min run.

Total run time 29 minutes.



# Couch to 5k

## Run Plan

### WEEK 8

#### Day 1

From today you will be running 30 mins, with rests.

15 min run, 1 min walk, 15 min run.

Amazing progress. Total run time is now 30 minutes.



#### Day 2

Each day you will extend your non-stop run time.

16 min run, 1 min walk, 14 min run.

If you feel you need a little longer rest in between each run segment, try an extra minute or two.



#### Day 3

You are making real progress now.

17 min run, 1 min rest, 13 min run.

Week eight done, just two weeks to nailing your goal.



# Couch to 5k

## Run Plan

### WEEK 9

#### Day 1

Second last week and you are now running over 20 minutes straight. This is an amazing achievement.

20 min run, 1 min walk, 10 min run.

If you are running for weight-loss, remember your diet too. Whole foods, less meat, less dairy.



#### Day 2

Remember, you can simply repeat any day that you find a little too challenging, the goal is in sight!

22 min run, 1 min walk, 8 min run.

Week 9 nearly done, this is exciting.



#### Day 3

Up to 24 non-stop running now, awesome effort

24 Min run, 1 min walk, 6 min run.

Great effort, next week is the big one.



# Couch to 5k

## Run Plan

### WEEK 10

#### Day 1

You've worked so hard, it all comes down to this last week.

25 min run, 1 min walk, 5 min run.

Don't forget to reach out to us if you have any questions or need help.



#### Day 2

Second last day, you've got this!

27 run, 1 min walk, 3 min run.

The big one is next, get some photos crossing the line, such amazing memories.



#### Day 3

Today you become a 5k runner, an epic achievement.

30 min run.

You did it, well done, enjoy this moment, it's huge!



# Congratulations

**You have successfully completed your 5k Run Plan**

## What to do now.

For most people, completing the 5k run plan is not only an awesome achievement, but it also marks a huge change in your life.

Whether it be improvements in your fitness, health, weight-loss or mental health, your new running lifestyle will transform you. Thinking back to how you were when you first started, to how you feel now, it's a massive step forward. Brilliant effort!

Now that you can run 5k non-stop, it's time to think about where to go from here. Running 5k, three times a week with a rest day in-between each run, is a fantastic recipe for life-long fitness and health. If you have aspirations of longer distances, faster times, or even a race, the 5k run plan is just a start for you.

Set your goals now and let's get started.

Congratulations again!

At Run My Way Australia, our aim is to help you get started running or if you already run, get much more out of this fantastic lifestyle. Join our email list for all the latest help and tips from our website, and as always, we want to hear from you with any questions, ideas or comments. Together, we can help each other. Happy running!