Warm Up
Walk
Jog/Run

Visual C25K

Based on the 'Couch to 5K' plan: http://www.coolrunning.com/engine/2/2_3/181.shtml

Week	Day	Done?	Warm Up (5 minutes)	10 Minutes	20 Minutes	30 Minutes
1	Day 1	☐	5m	60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s	5m	
	Day 2	☐	5m	60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s	5m	
	Day 3	☐	5m	60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s 60s 90s	5m	
2	Day 1	☐	5m	90s 2m 90s 2m 90s 2m 90s 2m 90s 2m 90s 60s	5m	
	Day 2	☐	5m	90s 2m 90s 2m 90s 2m 90s 2m 90s 2m 90s 60s	5m	
	Day 3	☐	5m	90s 2m 90s 2m 90s 2m 90s 2m 90s 2m 90s 60s	5m	
3	Day 1	☐	5m	90s 90s 3m 3m 90s 90s 3m 3m 5m		
	Day 2	☐	5m	90s 90s 3m 3m 90s 90s 3m 3m 5m		
	Day 3	☐	5m	90s 90s 3m 3m 90s 90s 3m 3m 5m		
4	Day 1	☐	5m	3m 90s 5m 2.5m 3m 90s 5m 5m		
	Day 2	☐	5m	3m 90s 5m 2.5m 3m 90s 5m 5m		
	Day 3	☐	5m	3m 90s 5m 2.5m 3m 90s 5m 5m		
5	Day 1	☐	5m	5m 3m 5m 3m 5m 5m		
	Day 2	☐	5m	8m 5m 8m 5m		
	Day 3	☐	5m	20m 5m		
6	Day 1	☐	5m	5m 3m 8m 3m 5m 5m		
	Day 2	☐	5m	10m 3m 10m 5m		
	Day 3	☐	5m	25m 5m		
7	Day 1	☐	5m	25m 5m		
	Day 2	☐	5m	25m 5m		
	Day 3	☐	5m	25m 5m		
8	Day 1	☐	5m	28m 5m		
	Day 2	☐	5m	28m 5m		
	Day 3	☐	5m	28m 5m		
9	Day 1	☐	5m	30m 5m		
	Day 2	☐	5m	30m 5m		
	Day 3	☐	5m	30m 5m		

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