



# Running Overload

## Couch to 5k

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	5 min warm up 8x 1 min slow run 1 min 30 sec walk 5 min cool down	Rest	5 min warm up 8x 1 min slow run 1 min 30 sec walk 5 min cool down	Rest	Rest	5 min warm up 8x 1 min slow run 1 min 30 sec walk 5 min cool down	Rest
<b>Week 2</b>	5 min warm up 6x 1 min 30 sec slow run 2 min walk 5 min cool down	Rest	5 min warm up 6x 1 min 30 sec slow run 2 min walk 5 min cool down	Rest	Rest	5 min warm up 6x 1 min 30 sec slow run 2 min walk 5 min cool down	Rest
<b>Week 3</b>	5 min warm up 2x 1 min 30 sec slow run 1 min 30 sec walk 3 min slow run 3 min walk 5 min cool down	Rest	5 min warm up 2x 1 min 30 sec slow run 1 min 30 sec walk 3 min slow run 3 min walk 5 min cool down	Rest	Rest	5 min warm up 2x 1 min 30 sec slow run 1 min 30 sec walk 3 min slow run 3 min walk 5 min cool down	Rest
<b>Week 4</b>	5 min warm up 3 min slow run 1 min 30 sec walk 5 min slow run 2 min 30 sec walk 3 min slow run 1 min 30 sec walk 5 min cool down	Rest	5 min warm up 3 min slow run 1 min 30 sec walk 5 min slow run 2 min 30 sec walk 3 min slow run 1 min 30 sec walk 5 min cool down	Rest	Rest	5 min warm up 3 min slow run 1 min 30 sec walk 5 min slow run 2 min 30 sec walk 3 min slow run 1 min 30 sec walk 5 min cool down	Rest
<b>Week 5</b>	5 min warm up 5 min slow run 3 min walk 5 min slow run 3 min walk 5 min slow run 5 min cool down	Rest	5 min warm up 8 min slow run 5 min walk 8 min slow run 5 min cool down	Rest	Rest	5 min warm up 20 min slow run 5 min cool down	Rest
<b>Week 6</b>	5 min warm up 5 min slow run 3 min walk 8 min slow run 3 min walk 5 min slow run 5 min cool down	Rest	5 min warm up 10 min slow run 3 min walk 10 min slow run 5 min cool down	Rest	Rest	5 min warm up 22 min slow run 5 min cool down	Rest
<b>Week 7</b>	5 min warm up 25 min slow run 5 min cool down	Rest	5 min warm up 25 min slow run 5 min cool down	Rest	Rest	5 min warm up 25 min slow run 5 min cool down	Rest
<b>Week 8</b>	5 min warm up 28 min slow run 5 min cool down	Rest	5 min warm up 28 min slow run 5 min cool down	Rest	Rest	5 min warm up 28 min slow run 5 min cool down	Rest
<b>Week 9</b>	5 min warm up 30 min slow run 5 min cool down	Rest	5 min warm up 30 min slow run 5 min cool down	Rest	Rest	5 min warm up 30 min slow run 5 min cool down	Rest