



Couch to 5k Training Program 2026

Start walking now to get ready for your Couch to 5k program starting on 3/8/26!

Week	Run 1	Run 2	Run 3 (Long Run)
1 (3/8/26)	1m run, 1.5m walk (x8)	1m run, 1.5m walk (x8)	2m run, 2m walk (x5)
2 (3/15/26)	1.5m run, 2m walk (x6)	1.5m run, 2m walk (x6)	3m run, 2m walk (x4)
3 (3/22/26)	3m run, 1.5m walk (x4)	3m run, 1.5m walk (x4)	5m run, 2m walk (x3)
4 (3/29/26)	5m run, 2m walk (x3)	5m run, 2m walk (x3)	15m continuous run
5 (4/5/26)	8m run, 2m walk (x2)	8m run, 2m walk (x2)	20m continuous run
6 (4/12/26)	10m run, 3m walk (x2)	12m run, 2m walk (x2)	25m continuous run
7 (4/19/26)	15m run, 2m walk (x2)	10m run, 1m walk (x3)	30m continuous run
8 (4/26/26)	20m easy jog	15m easy jog	 RACE DAY! (May 2)

m= minute, not miles

Tips for Your Journey

- **The "Talk Test":** You should be able to hold a conversation while running. If you're gasping for air, slow down! Duration is more important than speed right now.
- **Warm-Up & Cool-Down:** Start every session with a 5-minute brisk walk. End with a 5-minute slow walk and some light stretching.
- **Listen to Your Body:** It's normal to feel tired, but sharp pain is a signal to rest. You have "rest days" for a reason, use them!
- **The Right Gear:** Wear moisture-wicking clothes (avoid 100% cotton) and ensure your running shoes are supportive.
- **Hydrate:** Drink water throughout the day, not just during your run.



To register for the Flyer Strong 5k/1k scan here:

