

12-WEEK COUCH-5K TRAINING PLAN

Name _____

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	WALK & RUN Warm up 10x (1' min walk, 1 min run) Cool down 	STRENGTH TRAINING Strength workout 	WALK & RUN Warm up 10x (1' min walk, 1 min run) Cool down	REST DAY Rest and Relax	BRISK WALK Warm up Brisk walk: 30 min Cool down
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	WALK & RUN Warm up 8x (1' min walk, 2 min run) Cool down 	STRENGTH TRAINING Strength workout 	WALK & RUN Warm up 8x (1' min walk, 2 min run) Cool down	REST DAY Rest and Relax	BRISK WALK Warm up Brisk walk: 35 min Cool down
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	WALK & RUN Warm up 6x (1' min walk, 3 min run) Cool down 	STRENGTH TRAINING Strength workout 	WALK & RUN Warm up 6x (1' min walk, 3 min run) Cool down	REST DAY Rest and Relax	BRISK WALK Warm up Brisk walk: 40 min Cool down
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING Strength workout 	REST DAY Rest and Relax	WALK & RUN Warm up 4x (1' min walk, 5 min run) Cool down 	STRENGTH TRAINING Strength workout 	WALK & RUN Warm up 4x (1' min walk, 5 min run) Cool down	REST DAY Rest and Relax	BRISK WALK Warm up Brisk walk: 45 min Cool down

Info

These colours show the type of sessions of the training plan for visual guidance

Training zones

-  REST
-  EASY RUNNING
-  STRENGTH TRAINING

-  FARTLEK RUNNING
-  INTERVAL RUNNING
-  LONG RUN

- Z1 50-60% MHR
- Z2 60-70% MHR
- Z3 70-80% MHR
- Z4 80-90% MHR
- Z5 90-100% MHR



SESSION AVAILABLE
AT TANKTOPPERS FITNESS

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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	WALK & RUN	STRENGTH TRAINING	WALK & RUN	REST DAY	BRISK WALK
	Strength workout	Rest and Relax	Warm up 3x (1' min walk, 7 min run) Cool down	Strength workout	Warm up 3x (1' min walk, 7 min run) Cool down	Rest and Relax	Warm up Brisk walk: 50 min Cool down
							
WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	WALK & RUN	STRENGTH TRAINING	WALK & RUN	REST DAY	BRISK WALK
	Strength workout	Rest and Relax	Warm up 2x (1' min walk, 10 min run) Cool down	Strength workout	Warm up 2x (1' min walk, 10 min run) Cool down	Rest and Relax	Warm up Brisk walk: 55 min Cool down
							
WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	WALK & RUN	STRENGTH TRAINING	WALK & RUN	REST DAY	BRISK WALK
	Strength workout	Rest and Relax	Warm up 2x (1' min walk, 12 min run) Cool down	Strength workout	Warm up 2x (1' min walk, 12 min run) Cool down	Rest and Relax	Warm up Brisk walk: 60 min Cool down
							
WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	WALK & RUN	STRENGTH TRAINING	WALK & RUN	REST DAY	BRISK WALK
	Strength workout	Rest and Relax	Warm up 2x (1' min walk, 15 min run) Cool down	Strength workout	Warm up 2x (1' min walk, 15 min run) Cool down	Rest and Relax	Warm up Brisk walk: 60 min Cool down
							

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Training zones

	REST		FARTLEK RUNNING	Z1	Z2	Z3	Z4	Z5
	EASY RUNNING		INTERVAL RUNNING	50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR
	STRENGTH TRAINING		LONG RUN					



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AT TANKTOPPERS FITNESS

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WEEK 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	WALK & RUN	STRENGTH TRAINING	WALK & RUN	REST DAY	BRISK WALK
	Strength workout	Rest and Relax	Warm up 1x (1' min walk, 20 min run) Cool down	Strength workout	Warm up 1x (1' min walk, 20 min run) Cool down	Rest and Relax	Warm up Brisk walk: 55 min Cool down
							
WEEK 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	RUN	STRENGTH TRAINING	RUN	REST DAY	BRISK WALK
	Strength workout	Rest and Relax	Warm up Run: 25 min, Z2 Cool down	Strength workout	Warm up Run: 25 min, Z2 Cool down	Rest and Relax	Warm up Brisk walk: 50 min Cool down
							
WEEK 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	RUN	STRENGTH TRAINING	RUN	REST DAY	BRISK WALK
	Strength workout	Rest and Relax	Warm up Run: 30 min, Z2 Cool down	Strength workout	Warm up Run: 30 min, Z2 Cool down	Rest and Relax	Warm up Brisk walk: 45 min Cool down
							
WEEK 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STRENGTH TRAINING	REST DAY	REST DAY	REST DAY	REST DAY	ACTIVATION RUN	RACE DAY
	Strength workout	Rest and Relax	Rest and relax	Rest and relax	Rest and Relax	Run 10 min, Z1	HAVE FUN and GOOD LUCK!!
							

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Training zones

	REST		FARTLEK RUNNING	Z1	Z2	Z3	Z4	Z5
	EASY RUNNING		INTERVAL RUNNING	50-60% MHR	60-70% MHR	70-80% MHR	80-90% MHR	90-100% MHR
	STRENGTH TRAINING		LONG RUN					



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