



The Chubby Runner **Couch to 5K Plan**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20 min walk	1 mi run	Rest	1 mi run	Rest	1 mi run	Rest
2	25 min walk	1.5 mi run	Rest	1 mi run	Rest	1.5 mi run	Rest
3	30 min walk	1.75 mi run	Rest	1.5 mi run	Rest	2 mi run	Rest
4	35 min walk	2.1 mi run	Rest	1.5 mi run	Rest	2.25 mi run	Rest
5	40 min walk	2.5 mi run	Rest	2 mi run	Rest	2.5 mi run	Rest
6	45 min walk	2.75 mi run	Rest	2 mi run	Rest	2.75 mi run	Rest
7	50 min walk	3 mi run	Rest	2 mi run	Rest	3 mi run	Rest
8	60 min walk	3 mi run	30 min walk	Rest	Rest	5K Race	Pancakes!