



Petal & Paper

YOUR FREE PRINTABLE

Couch to 5K 9-week plan



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C O U C H T O 5 K 

9-week plan

Weeks 1-3 (build the base)

W1: walk 5 min, then alternate 60s run / 90s walk ×8

W2: alternate 90s run / 2 min walk

W3: 2× (200s run, 90s walk, 3 min run, 3 min walk)

3 runs per week, rest days between

Weeks 7-9 (running continuously)

W7: 25-minute continuous runs

W8: 28-minute continuous runs

W9: 30-minute runs — that's roughly 5K!

Graduation run: your first 5K 🎉

Weeks 4-6 (extend the runs)

W4: 3 min run, 90s walk, 5 min run, 2.5 min walk (repeat)

W5: building to a 20-minute continuous run

W6: mix of intervals and a 25-minute run

Slow and steady — pace doesn't matter yet

Tips for success

Rest days are part of the plan — don't skip them

Slow down — you should be able to talk while running

Good shoes prevent injury — get fitted if you can

Tick off each run below — progress motivates

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