



Petal & Paper

YOUR FREE PRINTABLE

Couch to 5K tracker



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9 W E E K S T O 5 K

C25K tracker

Weeks 1–3 (run / walk intervals)

Wk 1: 60s run / 90s walk × 8 R1 ☐ R2 ☐ R3 ☐
Wk 2: 90s run / 2min walk × 6 R1 ☐ R2 ☐ R3 ☐
Wk 3: 90s run / 90s walk / 3min run / 3min walk × 2 R1 ☐ R2 ☐ R3 ☐

Weeks 7–9 (continuous running)

Wk 7: 25min × 3 R1 ☐ R2 ☐ R3 ☐
Wk 8: 28min × 3 R1 ☐ R2 ☐ R3 ☐
Wk 9: 30min × 3 R1 ☐ R2 ☐ R3 ☐
GRADUATED — I ran 5K! Date: _____ Time: _____

Weeks 4–6 (building to longer runs)

Wk 4: 3min / 5min / 3min / 5min R1 ☐ R2 ☐ R3 ☐
Wk 5 R1: 5min / 3min / 5min / 3min / 5min ☐
Wk 5 R2: 8min / 5min / 8min ☐
Wk 5 R3: 20min continuous run ☐
Wk 6 R1: 5min / 8min / 5min ☐
Wk 6 R2: 10min / 10min ☐
Wk 6 R3: 22min continuous ☐

Run log (optional)

Date: _____ Week _____ Run _____ Distance _____km
Time _____ How I felt: _____
Date: _____ Week _____ Run _____ Distance _____km
Time _____ How I felt: _____
Date: _____ Week _____ Run _____ Distance _____km
Time _____ How I felt: _____