Couch to 5K Plan — Free Printable 9-Week Schedule

Download this free couch to 5K plan to see the full 9-week schedule at a glance before you start, or to print and stick on the fridge as a reference.

How the plan builds up

Each week increases running intervals and reduces walking breaks, ending week 9 with a continuous 30-minute run. Three sessions a week, with a rest day between each.

Already running? Use our Couch to 5K Tracker to log each session as you go.

Free printable from Petal & Paper — https://247printables.com