

# C25K

## 8 Weeks Training Program

	DAY 1	DAY 2	DAY 3
<b>Week 1</b>	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. Five-minute cool down walk	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. Five-minute cool down walk	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. Five-minute cool down walk
<b>Week 2</b>	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. Five-minute cool down walk	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Five-minute cool down walk	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 90 seconds Walk 90 seconds Jog 3 minutes Five-minute cool down walk
<b>Week 3</b>	Brisk five-minute warmup walk, then:  Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2-1/2 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes Five-minute cool down walk	Brisk five-minute warmup walk, then:  Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2-1/2 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes Five-minute cool down walk	Brisk five-minute warmup walk, then:  Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2-1/2 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes Five-minute cool down walk
<b>Week 4</b>	Brisk five-minute warmup walk, then:  Jog 5 minutes Walk 3 minutes Jog 5 minutes Walk 3 minutes Jog 5 minutes  Five-minute cool down walk	Brisk five-minute warmup walk, then:  Jog 8 minutes Walk 5 minutes Jog 8 minutes  Five-minute cool down walk	Brisk five-minute warmup walk, then jog 20 minutes with no walking.  Five-minute cool down walk

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<b>Week 5</b>	Brisk five-minute warmup walk, then:  Jog 5 minutes Walk 3 minutes Jog 8 minutes Walk 3 minutes Jog 5 minutes  Five-minute cool down walk	Brisk five-minute warmup walk, then:  Jog 10 minutes Walk 3 minutes Jog 10 minutes  Five-minute cool down walk	Brisk five-minute warmup walk, then jog 25 minutes with no walking.       Five-minute cool down walk
<b>Week 6</b>	Brisk five-minute warmup walk, then jog 25 minutes. Five-minute cool down walk	Brisk five-minute warmup walk, then jog 25 minutes. Five-minute cool down walk	Brisk five-minute warmup walk, then jog 25 minutes. Five-minute cool down walk
<b>Week 7</b>	Brisk five-minute warmup walk, then jog 28 minutes. Five-minute cool down walk	Brisk five-minute warmup walk, then jog 28 minutes. Five-minute cool down walk	Brisk five-minute warmup walk, then jog 28 minutes. Five-minute cool down walk
<b>Week 8</b>	Brisk five-minute warmup walk, then jog 30 minutes.  Five-minute cool down walk	Brisk five-minute warmup walk, then jog 30 minutes.  Five-minute cool down walk	<b>RACE DAY!!</b> Medical Center 5k! Brisk five-minute warmup walk, then jog 3.1 MILES.