



## Crimson Classic 6-Week Couch to 5K Training Plan

This plan is designed for beginners, progressively building from walk/run intervals to running a full 5K. Complete 3 runs per week on non-consecutive days.

**Suggested warm-up:** Before running, spend 5–10 minutes warming up to prepare your body and reduce the risk of injury. Start with a brisk walk or light jog to gradually raise your heart rate, then move into dynamic exercises such as leg swings, high knees, butt kicks, and walking lunges to loosen up your hips and legs. These simple movements help activate the muscles you'll use while running and make the workout feel smoother from the start.

Week	Run 1	Run 2	Run 3
Week 1	1 min run / 2 min walk x 8 (24 min)	90 sec run / 2 min walk x 7 (24.5 min)	2 min run / 2 min walk x 6 (24 min)
Week 2	3 min run / 2 min walk x 5 (25 min)	4 min run / 2 min walk x 4 (24 min)	5 min run / 2 min walk x 3 (21 min)
Week 3	6 min run / 90 sec walk x 3 (23.5 min)	8 min run / 2 min walk x 2 (20 min)	10 min run / 2 min walk + 5 min run (17 min)
Week 4	12 min run / 90 sec walk + 8 min run (21.5 min)	15 min run / 2 min walk + 5 min run (22 min)	18 min continuous run (18 min)
Week 5	20 min continuous run (20 min)	22 min continuous run (22 min)	25 min continuous run (25 min)
Week 6	28 min continuous run (28 min)	30 min continuous run (≈5K for most beginners)	5K continuous run (distance goal, not time-based)