

C25K 8 Week Workout

Week 1	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) Alternate (for 20 minutes): 60 seconds jogging 90 seconds walking Five minute cool down (walking) Stretch	Five minute warmup (brisk walking) Alternate (for 20 minutes): 60 seconds jogging 90 seconds walking Five minute cool down (walking) Stretch	Five minute warmup (brisk walking) Alternate (for 20 minutes): 60 seconds jogging 90 seconds walking Five minute cool down (walking) Stretch

Week 2	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) Alternate (for 20 minutes): 90 seconds jogging Two minutes walking Five minute cool down (walking) Stretch	Five minute warmup (brisk walking) Alternate (for 20 minutes): 90 seconds jogging Two minutes walking Five minute cool down (walking) Stretch	Five minute warmup (brisk walking) Alternate (for 20 minutes): 90 seconds jogging Two minutes walking Five minute cool down (walking) Stretch

Week 3	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) Two repetitions of the following: 90 seconds jogging 90 seconds walking 3 minutes jogging 3 minutes walking Five minute cool down (walking) Stretch	Five minute warmup (brisk walking) Two repetitions of the following: 90 seconds jogging 90 seconds walking 3 minutes jogging 3 minutes walking Five minute cool down (walking) Stretch	Five minute warmup (brisk walking) Two repetitions of the following: 90 seconds jogging 90 seconds walking 3 minutes jogging 3 minutes walking Five minute cool down (walking) Stretch

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Week 4	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) 3 minutes jogging 90 seconds walking 5 minutes jogging 2.5 minutes walking 3 minutes jogging 90 seconds walking 5 minutes jogging 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 3 minutes jogging 90 seconds walking 5 minutes jogging 2.5 minutes walking 3 minutes jogging 90 seconds walking 5 minutes jogging 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 3 minutes jogging 90 seconds walking 5 minutes jogging 2.5 minutes walking 3 minutes jogging 90 seconds walking 5 minutes jogging 5 minutes walking cool down Stretch

Week 5	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) 5 minutes jogging 3 minutes walking 5 minutes jogging 3 minutes walking 5 minutes jogging 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) ¼ mile jogging (for 8 minutes) ½ mile walking (for 5 minutes) ¼ mile jogging (for 8 minutes) 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 2 mile jogging (20 minutes) no walking 5 minutes walking cool down Stretch

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Week 6	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) 5 minutes jogging 3 minutes walking 8 minutes jogging 3 minutes walking 5 minutes jogging 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 1 mile jogging (for 10 minutes) ¼ mile walk (for 3 minutes) 1 mile jogging (for 10 minutes) 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 2 ¼ mile jogging (for 22 minutes) with no walking

Week 7	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) 2.5 miles (for 25 minutes) 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 2.5 miles (for 25 minutes) 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 2.5 miles (for 25 minutes) 5 minutes walking cool down Stretch

Week 8	Tuesday	Thursday	Saturday
	Five minute warmup (brisk walking) 2.75 miles (for 28 minutes) 5 minutes walking cool down Stretch	Five minute warmup (brisk walking) 2.75 miles (for 28 minutes) 5 minutes walking cool down Stretch	The final workout! Congratulations! Five minute warmup (brisk walking) 3 miles (for 30 minutes) 5 minutes walking cool down Stretch