



SLMR 2025 COUCH TO 5K 6 WEEK SELF-GUIDED COURSE



Complete 3 sessions a week to
prepare for race day on Nov 27!

Week 1 (Oct 12-18): 3x a week*



5 min brisk walk
(warm-up)



Alternate: 60 sec jog +
90 sec walk (repeat 8x)



5 min brisk walk
(cool-down)

One Step
At A Time

Week 2 (Oct 19-25): 3x a week*



5 min brisk walk
(warm-up)



Alternate: 90 sec jog +
2 min walk (repeat 6x)



5 min brisk walk
(cool-down)

YOU
GOT
THIS!

Week 3 (Oct 26-Nov): 3x a week*



5 min brisk walk (warm-up)



Jog 90 sec, walk 90 sec



Jog 3 min, walk 3 min

} Repeat
sequence
2x



5 min brisk walk (cool-down)

Week 4 (Nov 2-8): 3x a week*



5 min brisk walk (warm-up)



Jog 3 min, walk 90 sec



Jog 5 min, walk 2.5 min



Jog 3 min, walk 90 sec

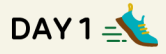


5 min brisk walk (cool-down)

Week 5: Nov 9-15*

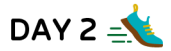


5 min brisk walk (warm-up)

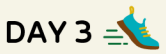


DAY 1 Jog 5 min
Walk 3 min

} Repeat
sequence
2x



DAY 2 Jog 8 min
Walk 5 min
Jog 8 min



DAY 3 Jog 20 min (try slow & steady,
no walk breaks)



5 min brisk walk (cool-down)



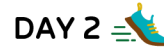
Week 6: Nov 16-22*



5 min brisk walk (warm-up)



DAY 1 Jog 5 min
Walk 90 sec
Jog 10 min
Walk 90 sec



DAY 2 Jog 5 min
Jog 15 min
Walk 3 min
Jog 10 min



DAY 3 Jog 25-30 min
(aim for 5k distance)



5 min brisk walk (cool-down)

*MORE DETAILS

Each week includes three 20-40 minute sessions. Make sure to take at least one rest day between sessions. Walk at a brisk pace and jog at a comfortable pace where you can still talk while moving.

RACE DAY: NOV 27