

MOUNTAIN Fit

Couch to 5km Training plan.

The ultimate guide.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	20 min easy run @ RPE 4-5	10 min warm-up walk, then 4 x (30 sec fast run @ RPE 7-8, 90 sec easy jog @ RPE 4-5), 10 min cool down walk	Rest day	20 min easy run @ RPE 4-5	15 min easy run @ RPE 4-5	Rest day
Week 2	Rest day	25 min easy run @ RPE 4-5	10 min warm-up walk, then 5 x (30 sec fast run @ RPE 7-8, 90 sec easy jog @ RPE 4-5), 10 min cool down walk	Rest day	25 min easy run @ RPE 4-5	20 min easy run @ RPE 4-5	Rest day
Week 3	Rest day	30 min easy run @ RPE 4-5	10 min warm-up walk, then 6 x (30 sec fast run @ RPE 7-8, 90 sec easy jogs @ RPE 4-5), 10 min cool down walk	Rest day	30 min easy run @ RPE 4-5	25 min easy run @ RPE 4-5	Rest day
Week 4	Rest day	35 min easy run @ RPE 4-5	10 min warm-up walk, then 7 x (30 sec fast run @ RPE 7-8, 90 sec easy jogs @ RPE 4-5), 10 min cool down walk	Rest day	35 min easy run @ RPE 4-5	30 min easy run @ RPE 4-5	Rest day
Week 5	Rest day	40 min easy run @ RPE 4-5	10 min warm-up walk, then 8 x (30 sec fast run @ RPE 7-8, 90 sec easy jog @ RPE 4-5), 10 min cool down walk	Rest day	40 min easy run @ RPE 4-5	35 min easy run @ RPE 4-5	Rest day

