



Couch to 5k: 6-week Training Plan



Why should I train?

5K events are a ton of fun! Imagine how much more fun it could be if your body was ready to run for the full race. No matter which IDEA 5k you're running, you can use this 6-week training plan to help you be race day ready!

Don't forget to use **#HealthyKidsHere** for your social media posts!

Week 1: Sunday January 25, 2026

Week 6: Sunday, March 1st, 2026

Week	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	Rest	Run 1 min Walk 1 min Repeat x10	Rest	Run 2 mins Walk 4 mins Repeat x5	Rest	Rest	Run 2 mins Walk 4 mins Repeat x5
2	Rest	Run 3 mins Walk 3 mins Repeat x4	Rest	Run 3 mins Walk 3 mins Repeat x4	Rest	Rest	Run 5 mins Walk 3 mins Repeat x3
3	Rest	Run 7 mins Walk 2 mins Repeat x3	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest	Rest	Run 8 mins Walk 2 mins Repeat x3
4	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest	Run 10 mins Walk 2 mins Repeat x2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x3
5	Rest	Run 9 mins Walk 1 min Repeat x3	Rest	Run 12 mins Walk 2 mins Repeat x2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x3
6	Rest	Run 15 mins Walk 1min Repeat x2	Rest	Run 8 mins Walk 2 mins Repeat 3	Rest	Rest	IDEA 5K RACE DAY!