

# Couch to 5k plan

	Week 1	Week 2	Week 3	Week 4
Workout 1	Walk 5 min warm-up. Alternate 60 sec jogging with 90 sec walking for 20 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog 4 min, walk 2 min, repeat for 24 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog 10 min, walk 2 min, repeat for 30 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog for 20 min. Walk 5 min cool down.
Workout 2	Walk 5 min warm-up. Alternate 90 sec jogging with 2 min walking for 20 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog 6 min, walk 2 min, repeat for 28 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog 12 min, walk 2 min, repeat for 30 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog for 25 min. Walk 5 min cool down.
Workout 3	Walk 5 min warm-up. Alternate 2 min jogging with 2 min walking for 20 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog 8 min, walk 2 min, repeat for 30 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog 15 min, walk 2 min, jog 15 min. Walk 5 min cool down.	Walk 5 min warm-up. Jog for 30 min or 5K. Walk 5 min cool down.

This plan is designed to incrementally build your running endurance. Always make sure to listen to your body and adjust as needed. It's important to track your progress, and using an app like adidas Running or Strava can be very helpful to keep you motivated.

When it comes to footwear, the right shoes can make a significant difference. Look for running shoes that offer good support and cushioning. Everyone's feet are different, so it's worth going to a specialty running store where you can get a gait analysis. This analysis will determine the right type of shoe for your foot strike, which can range from neutral to stability shoes. For most beginners, a neutral running shoe with good cushioning will be a safe bet.

