

ZUM Fitness 12-Week Couch-to-5k Training Plan

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	3 sets [1min running / 9min walking]	Recover	4 sets [1min running / 7min walking]	Recover	5 sets [1min running / 5min walking]	ZUM Class	Recover
2	6 sets [1min running / 4min walking]	Recover / ZUM Class	7 sets [1min running / 3min walking]	Recover	10 sets [1min running / 2min walking]	ZUM Class	Recover
3	3 sets [2min running / 9min walking]	Recover / ZUM Class	3 sets [2min running / 8min walking]	Recover	4 sets [2min running / 6min walking]	ZUM Class	Recover
4	5 sets [2min running / 6min walking]	Recover	6 sets [2min running / 3min walking]	Recover	7 sets [2min running / 2min walking]	Recover / ZUM Class	Recover
5	3 sets [3min running / 7min walking]	Recover / ZUM Class	3 sets [3min running / 6min walking]	Recover / ZUM Class	4 sets [3min running / 5min walking]	Recover / ZUM Class	Recover
6	4 sets [3min running / 4min walking]	Recover / ZUM Class	5 sets [3min running / 3min walking]	Recover / ZUM Class	6 sets [3min running / 2min walking]	Recover / ZUM Class	Recover
7	3 sets [4min running / 6min walking]	Recover / ZUM Class	3 sets [4min running / 5min walking]	Recover / ZUM Class	4 sets [4min running / 4min walking]	Recover / ZUM Class	Recover
8	4 sets [4min running / 3min walking]	Recover	5 sets [4min running / 2min walking]	Recover	6 sets [4min running / 1min walking]	Recover / ZUM Class	Recover
9	5 sets [5min running / 1min walking]	Recover / ZUM Class	4 sets [6min running / 1min walking]	Recover / ZUM Class	4 sets [7min running / 1min walking]	Recover / ZUM Class	Recover
10	3 sets [8min running / 1min walking]	Recover / ZUM Class	3 sets [9min running / 1min walking]	Recover / ZUM Class	3 sets [10min running / 1min walking]	Recover / ZUM Class	Recover
11	2 sets [12 running / 1min walking]		2 sets [14min running / 1min walking]	Recover / ZUM Class	18min running / 1min walking / 12min running	Recover	Recover
12	20min running / 1min walking / 10min running	Recover / ZUM Class	24min running / 1min walking / 6min running	Recover / ZUM Class	30min running	Recover	Recover

Research Sources & References: Rick has been coaching runners across all distances, from 40yds to ultramarathons, for over 16 years. He continuously researches other coaches' models as well as the most up-to-date scientific literature. The primary influences for this material are Chris Napier, Steve Magness, and Brad Hudson - check out their books and resources on any site where books are sold.

