



RUN · BEGINNER

Beginner 5K

12-Week Couch to 5K Plan

A gentler, gradual run/walk build to a continuous 5K.



EVENT

5K

LEVEL

Beginner

LENGTH

12 weeks

DAYS / WEEK

3



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 12 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

CONTINUOUS

Tue	Run-walk intervals	30 min
8 × (1 min easy / 90 s easy) · 5 min warm-up · 5 min cool-down		
Thu	Run-walk intervals	30 min
8 × (1 min easy / 90 s easy) · 5 min warm-up · 5 min cool-down		
Sat	Run-walk intervals	30 min
8 × (1 min easy / 90 s easy) · 5 min warm-up · 5 min cool-down		

Week 2

CONTINUOUS

Tue	Run-walk intervals	31 min
6 × (90 s easy / 2 min easy) · 5 min warm-up · 5 min cool-down		
Thu	Run-walk intervals	31 min
6 × (90 s easy / 2 min easy) · 5 min warm-up · 5 min cool-down		
Sat	Run-walk intervals	31 min
6 × (90 s easy / 2 min easy) · 5 min warm-up · 5 min cool-down		

Week 3

RUN · WALK

Tue **Run-walk intervals** 28 min
4 × 90 s–3 min with recoveries · 5 min warm-up · 5 min cool-down

Thu **Run-walk intervals** 28 min
4 × 90 s–3 min with recoveries · 5 min warm-up · 5 min cool-down

Sat **Run-walk intervals** 28 min
4 × 90 s–3 min with recoveries · 5 min warm-up · 5 min cool-down

Week 4

RUN · WALK

Tue **Run-walk intervals** 32 min
4 × 3 min–5 min with recoveries · 5 min warm-up · 5 min cool-down

Thu **Run-walk intervals** 32 min
4 × 3 min–5 min with recoveries · 5 min warm-up · 5 min cool-down

Sat **Run-walk intervals** 32 min
4 × 3 min–5 min with recoveries · 5 min warm-up · 5 min cool-down

Week 5

RUN · WALK

Tue **Run-walk intervals** 31 min
3 × 5 min with recoveries · 5 min warm-up · 5 min cool-down

Thu **Run-walk intervals** 31 min
2 × 8 min with recoveries · 5 min warm-up · 5 min cool-down

Sat **Run-walk intervals** 30 min
20 min continuous · 5 min warm-up · 5 min cool-down

Week 6

RUN · WALK

Tue **Run-walk intervals** 34 min
3 × 5 min–8 min with recoveries · 5 min warm-up · 5 min cool-down

Thu **Run-walk intervals** 33 min
2 × 10 min with recoveries · 5 min warm-up · 5 min cool-down

Sat **Run-walk intervals** 35 min
25 min continuous · 5 min warm-up · 5 min cool-down

Week 7

CONTINUOUS

Tue **Run-walk intervals** 35 min
25 min continuous · 5 min warm-up · 5 min cool-down

Thu **Run-walk intervals** 35 min
25 min continuous · 5 min warm-up · 5 min cool-down

Sat **Run-walk intervals** 35 min
25 min continuous · 5 min warm-up · 5 min cool-down

Week 8

CONTINUOUS

Tue **Run-walk intervals** 38 min
28 min continuous · 5 min warm-up · 5 min cool-down

Thu **Run-walk intervals** 38 min
28 min continuous · 5 min warm-up · 5 min cool-down

Sat **Run-walk intervals** 38 min
28 min continuous · 5 min warm-up · 5 min cool-down

Week 9

CONTINUOUS

Tue	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

CONTINUOUS

Tue	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		

Week 11

CONTINUOUS

Tue	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		

Week 12

RACE WEEK

Tue	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Thu	Run-walk intervals	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Sun	Race Day: Run RACE	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		