



ATHLI**FLY**

PRINTABLE COUCH TO 5K SCHEDULE

9-Week Beginner Run-Walk Training Plan

Print-Ready Edition — Run a Little, Walk a Little, Repeat

www.athlifly.com

Evidence-Based Beginner Running Education

PRINTABLE COUCH TO 5K SCHEDULE

How to Use This Schedule

Rex wanted a plan, not a motivational speech.

Rex does not need another fitness guru yelling “just start.” He needs a schedule he can print, follow, and survive without feeling like his lungs are filing legal action by minute four.

That is exactly why Couch to 5K works: it turns chaos into structure. The core idea is brutally simple.

You run a little, walk a little, repeat that three times a week, and slowly shift the balance until your body can handle a full 5K effort. The point is consistency, not speed.

Fly likes this approach because it respects beginner physiology. The plan gives the heart, lungs, and load-bearing tissues time to adapt together instead of asking one system to carry the panic of the other two. That is a big reason run-walk progression remains the most beginner-friendly structure in the file evidence.

How to Use This Schedule

- Print this table and use it for three run days per week.
- Keep at least one full rest day between running sessions.
- Repeat any week that feels too hard instead of forcing the next step. That is not weakness — that is the plan working properly.
- Your pace should be easy enough that you are not fighting for survival.

In the early weeks, “shuffle slowly and finish” is smarter than “run proudly and explode.” Rex hates how sensible that sounds, which is part of the reason it works.

AthliFly — Built on biomechanics. Written for beginners.

PRINTABLE SCHEDULE

Part 1 — Weeks 1 to 5

Week	Workout Structure	Total Main Set	Goal of the Week
Week 1	5-min warm-up walk, then 8 x (1-min run + 90-sec walk), cool-down walk	~20 min intervals	Learn that walk breaks are a tool, not failure.
Week 2	5-min warm-up walk, then 6 x (90-sec run + 2-min walk), cool-down walk	~21 min intervals	Slightly longer running, still very controlled.
Week 3	5-min warm-up walk, then 2 rounds of: 90-sec run, 90-sec walk, 3-min run, 3-min walk, cool-down walk	~18 min intervals	First taste of longer effort without panic.
Week 4	5-min warm-up walk, then 3-min run, 90-sec walk, 5-min run, 2.5-min walk, 3-min run, 90-sec walk, 5-min run, cool-down walk	~16 min running	Build confidence in longer blocks.
Week 5	Session A: 5-min run / 3-min walk / 5-min run / 3-min walk / 5-min run Session B: 8-min run / 5-min walk / 8-min run Session C: 20-min continuous run	Progressive	This is where Rex stops calling himself “not a runner.”

This first half matters more than beginners think. It builds the habit, teaches pacing, and lowers injury risk by distributing load instead of dumping continuous impact on unprepared legs. That distributed-load logic is directly supported in the training file.

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WHY THIS FORMAT WORKS

Weeks 1 to 5 Principles

Most beginners do not quit because the plan is bad. They quit because they treat Week 1 like Week 7 and then wonder why their calves, pride, and breathing all collapse at once.

The file guidance is clear that early progress should come from duration and consistency, not pace.

The rest days matter just as much as the run days. The plan explicitly emphasizes at least one full rest day between sessions because adaptation happens during recovery, not while Rex is trying to prove he has “grindset.” That is one of the strongest safety principles in the schedule source.

Rex Rules for Weeks 1–5

- Run slowly enough to finish every interval without drama.
- Do not skip the walk breaks just because your ego is loud.
- Repeat a week if it feels too hard.
- Do not run on back-to-back days in this phase.
- Print the table and tick each session after you finish it.

That last one sounds small, but it matters. A visible plan makes the finish line feel real, and the schedule file specifically notes that seeing the full progression can reduce dropout by making the goal look reachable.

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PRINTABLE SCHEDULE

Part 2 — Weeks 6 to 9

Rex usually thinks that once he survives Week 5, the rest should be easy. That is cute.

What actually changes here is not that the work becomes magical, but that the running blocks become long enough to expose bad pacing, impatience, and that weird beginner urge to sprint because “I feel good today.” Fly’s rule stays the same: no pace target, no heroics, no drama.

Week	Workout Structure	Total Main Set	Goal of the Week
Week 6	Runs 1–2: structured run/walk sessions; Run 3: 25-min continuous run	Progressive	Turn your first 20-minute run into something repeatable.
Week 7	25-min continuous run on main session format across the week	25 min continuous	Learn control, not speed.
Week 8	28-min continuous run	28 min continuous	Extend endurance without changing effort style.
Week 9	30-min continuous run	30 min continuous	Graduation week: the full beginner 5K effort target.

This is the part where beginners often make the dumbest mistake. They finally feel stronger, so they run too fast. Then they blame the plan for the suffering caused by their own excited nonsense.

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WHAT THESE WEEKS ARE REALLY DOING

Weeks 6 to 9 Principles

The later weeks are not about becoming fast. They are about teaching your body to stay calm for longer under continuous running load.

The plan file is explicit that time, not pace, is the real metric from start to finish. Week 5 Run 3 is described in the source as the big psychological turning point, and the later weeks build directly on that moment.

Once you can run 20 minutes continuously, the remaining mission is to stretch that ability carefully until 30 minutes feels possible instead of absurd. That visible step-by-step structure is one reason the format reduces overwhelm for beginners.

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ONE-PAGE PRINT VERSION

The Simplest Printable Schedule

If you want the simplest printable version inside the article itself, use this stripped-down block.

Week	Key Session
Week 1	8 x (1-min run + 90-sec walk)
Week 2	6 x (90-sec run + 2-min walk)
Week 3	2 rounds of (90-sec run / 90-sec walk / 3-min run / 3-min walk)
Week 4	3-min run / 90-sec walk / 5-min run / 2.5-min walk / 3-min run / 90-sec walk / 5-min run
Week 5	Build to 20-min continuous run
Week 6	Build to 25-min continuous run
Week 7	25-min continuous run
Week 8	28-min continuous run
Week 9	30-min continuous run

That is the print-friendly heart of the whole article. No jargon, no fake inspiration, just the mission. Rex can stick this on the fridge and complain at it every Tuesday.

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IMPORTANT RULES

Before Graduation

- Keep three run days per week only.
- Leave at least one full rest day between run sessions.
- If a week feels too hard, repeat it instead of forcing the next one.
- Do not chase pace; the source material is clear that time is the only target.
- Walking inside the plan is a training tool, not cheating.

These rules are not optional fluff. The file explicitly ties beginner success to consistency, recovery, and gradual progression rather than performance on a single day. That is exactly why Couch to 5K remains so accessible.

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COUCH TO 5K SCHEDULE

Frequently Asked Questions

What if I cannot finish a week?

Repeat it. The plan source explicitly supports repeating a week if it feels too hard instead of advancing on schedule. That is smart progression, not failure.

What if I miss one workout?

Do not restart the whole plan in a panic. Just resume where you left off, unless the break was long enough that the sessions now feel clearly too hard. In that case, step back one week and rebuild calmly.

Is walking allowed once the runs get longer?

Yes. Walking is built into the philosophy of the program, especially in the early stages, because the plan is based on gradual run-walk progression rather than ego-based nonstop effort. Rex calls it cheating; Fly calls it load management.

Should I run faster as the weeks go on?

No. The source file is clear that pace is irrelevant in the early weeks and that completing the time matters more than looking impressive. For beginners, faster usually just means messier.

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COUCH TO 5K SCHEDULE

FAQ Continued & Final Verdict

Can I run on back-to-back days?

You should not in this plan. The schedule structure and key principles both support at least one full rest day between runs to allow recovery and adaptation. That spacing is one of the main safety features of the plan.

What happens after Week 9?

The goal at Week 9 is about 30 continuous minutes of running, which is approximately 5K for many beginners. From there, the evidence in the training file points toward a next-step pathway such as a regular weekly 5K community event or a gradual improvement plan, rather than just stopping after graduation.

Final Verdict

By the end of this schedule, the biggest change is not just aerobic fitness. It is that Rex stops seeing running as something reserved for “other people” and starts seeing it as a repeatable weekly behavior. That identity shift is one of the deepest strengths of the Couch to 5K model described in the training file.

Print the schedule. Choose your three weekly run days. Start with Week 1 — not Week 9.

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