

HEALTHY PARKS, HEALTHY PEOPLE

A Walking Program to Promote Health and Wellness

COUCH TO 5K TRAINING PROGRAM

Having a goal is a great way to build momentum in a new fitness plan. The Healthy Parks, Healthy People Couch to 5K Training Programs are 9-week plans designed to improve your fitness level from sedentary to either walking or running a 5K course.

Learn more at www.capecodhealth.org/healthyparks.

A partnership between the
National Park Service and Cape Cod Healthcare



Cape Cod
National Seashore



CAPE COD HEALTHCARE

Couch to 5K Running Program

This plan consists of 3 workouts per week for 9 weeks, preparing you to run a 5K.

	WORKOUT 1	WORKOUT 2	WORKOUT 3
WEEK 1	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
WEEK 2	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.	Brisk 5-minute warmup walk. Then alternate 90 seconds of jogging and 2 minutes of walking for a total of 20 minutes.
WEEK 3	Brisk 5-minute warmup walk, then do 2 repetitions of the following: <ul style="list-style-type: none">• Jog 90 seconds• Walk 90 seconds• Jog 3 minutes• Walk 3 minutes	Brisk 5-minute warmup walk, then do 2 repetitions of the following: <ul style="list-style-type: none">• Jog 90 seconds• Walk 90 seconds• Jog 3 minutes• Walk 3 minutes	Brisk 5-minute warmup walk, then do 2 repetitions of the following: <ul style="list-style-type: none">• Jog 90 seconds• Walk 90 seconds• Jog 3 minutes• Walk 3 minutes
WEEK 4	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/4 mile (or 3 minutes)• Walk 1/8 mile (or 90 seconds)• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 2-1/2 minutes)• Jog 1/4 mile (or 3 minutes)• Walk 1/8 mile (or 90 seconds)• Jog 1/2 mile (or 5 minutes)	Congratulations! You have reached the half-way point in your 5K Training Program Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/4 mile (or 3 minutes)• Walk 1/8 mile (or 90 seconds)• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 2-1/2 minutes)• Jog 1/4 mile (or 3 minutes)• Walk 1/8 mile (or 90 seconds)• Jog 1/2 mile (or 5 minutes)	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/4 mile (or 3 minutes)• Walk 1/8 mile (or 90 seconds)• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 2-1/2 minutes)• Jog 1/4 mile (or 3 minutes)• Walk 1/8 mile (or 90 seconds)• Jog 1/2 mile (or 5 minutes)
WEEK 5	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)
WEEK 6	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 3/4 mile (or 8 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 3/4 mile (or 8 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)	Brisk 5-minute warmup walk, then: <ul style="list-style-type: none">• Jog 1/2 mile (or 5 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 3/4 mile (or 8 minutes)• Walk 1/4 mile (or 3 minutes)• Jog 1/2 mile (or 5 minutes)
WEEK 7	Brisk 5-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk 5-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk 5-minute warmup walk, then jog 2.5 miles (or 25 minutes).
WEEK 8	Brisk 5-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk 5-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk 5-minute warmup walk, then jog 2.75 miles (or 28 minutes).
WEEK 9	Brisk 5-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk 5-minute warmup walk, then jog 3 miles (or 30 minutes).	Congratulations! You have reached the final workout in your 5K Training Program Brisk 5-minute warmup walk, then jog 3 miles (or 30 minutes).

**Please be aware of hazards if running on the hiking and biking trails, as bikers and walkers use these trails, as well.*

Recommended Trails by Week

Use this guide for recommended locations of your Couch to 5K workouts.

- WEEK 1** Nauset Marsh Loop: 1.5 miles; Fort Hill: 1 mile; Woods Walk at the Highlands: 1 mile
- WEEK 2** Beech Forest Trail: 1.1 miles; Atlantic White Cedar Swamp: 1.2 miles; Pamet Area Trails: 1.2 miles
- WEEK 3** Pilgrim Spring with Small's (Swamp Extension): 1.3 miles; Nauset Marsh Loop: 1.5 miles; Fort Hill Trail (2 loops): 1.6 miles
- WEEK 4** Woods Walk at the Highlands (2 loops): 2 miles; Beech Forest Trail (2 loops): 2.2 miles; Fort Hill Trail (2 loops): 2 miles
- WEEK 5** Nauset Marsh Loop with Buttonbush Extension: 1.8 miles; Woods Walk at the Highlands: 2 miles; Fort Hill Trail (2 Loops): 2 miles
- WEEK 6** Beech Forest Trail (2 Loops): 2.2 miles; Pamet Area Trails (2 Loops): 2.4 miles; Atlantic White Cedar Swamp (2 Loops): 2.4 miles
- WEEK 7** Nauset Marsh Loop (2 loops): 3 miles; Fort Hill Trail (3 loops): 2.8 miles; Pilgrim Spring with Smalls Swamp Extension (2 loops): 2.6 miles
- WEEK 8** Woods at the Highlands (3 loops): 3 miles; Pilgrim Spring with Small Swamp Extension (2 Loops plus 1 additional loop around Smalls Swamp): 3.2 miles
- WEEK 9** Fort Hill Trail (4 loops): 3.6 miles; Atlantic White Cedar Swamp (3 Loops): 3.6 miles; Nauset Marsh with Coast Guard Beach Extension: 3.8 miles



The Run | Walk | Bike for HEART HEALTH

September 18-20, 2020
Virtual 5k run/walk or 10m ride

Details at www.capecodhealth.org/healthyparks

Benefits Cape Cod Healthcare Cardiac Rehabilitation and
Friends of the Cape Cod National Seashore.

HEALTHY PARKS, HEALTHY PEOPLE



Cape Cod
National Seashore

Couch to 5K Walking Program

This walking program consists of 4 days of activity for 8 weeks to prepare you to walk a 5K. If you struggle or find a week difficult, repeat that week rather than continuing on and adding more time to your daily walks.

	DAY 1	DAY 2	DAY 3	DAY 4	
WEEK 1	15 minute walk at an easy pace	15 minute walk at an easy pace	15 minute walk at an easy pace	1 mile walk at an easy pace	60-75 minutes of activity
WEEK 2	20 minute walk at a slightly faster pace	20 minute walk at a slightly faster pace	20 minute walk at a slightly faster pace	1.5 mile walk at a slightly faster pace	75-100 minutes of activity
WEEK 3	25 minute walk at a moderate pace	25 minute walk at a moderate pace	25 minute walk at a moderate pace	2 mile walk at a moderate pace	100-125 minutes of activity
WEEK 4	30 minute walk at a moderate pace	30 minute walk at a moderate pace	30 minute walk at a moderate pace	2.25 mile walk at a moderate pace	120-150 minutes of activity
WEEK 5	40 minute walk at a moderate pace	40 minute walk at a moderate pace	40 minute walk at a moderate pace	2.5 mile walk at a moderate pace	175-200 minutes of activity
WEEK 6	45 minute walk at a moderate pace	45 minute walk at a moderate pace	45 minute walk at a moderate pace	2.75 mile walk at a moderate pace	190-225 minutes of activity
WEEK 7	60 minute walk at a moderate pace	60 minute walk at a moderate pace	60 minute walk at a moderate pace	3 mile walk at a moderate pace	230-250 minutes of activity
WEEK 8	60 minute walk at a moderate pace	60 minute walk at a moderate pace	60 minute walk at a moderate pace	3.1 mile walk at a moderate pace	230-250 minutes of activity

Recommended Trails by Week

Use this guide for recommended locations of your Couch to 5K workouts.

Week 1 Fort Hill: 1 mile; Woods Walk at the Highlands: 1 mile; Beech Forest Trail: 1.1 miles; Atlantic White Cedar Swamp: 1.2 miles; Pamet Area Trails: 1.2 miles

Week 2 Pilgrim Spring with Small's Swamp Extension: 1.3 miles; Nauset Marsh Loop: 1.5 miles

Week 3 Nauset Marsh Loop with Buttonbush Extension: 1.8 miles; Woods Walk at the Highlands (2 loops): 2 miles; Fort Hill (2 loops): 2 miles

Week 4 Beech Forest Trail (2 loops): 2.2 miles

Week 5 Pamet Area Trails (2 loops): 2.4 miles; Atlantic White Cedar Swamp (2 loops): 2.4 miles; Pilgrim Spring with Small's Swamp Extension (2 loops): 2.6 miles

Week 6 Pilgrim Spring with Small's Swamp Extension (2 loops): 2.6 miles; Nauset Marsh Loop (2 loops): 3 miles

Week 7 Nauset Marsh Loop (2 loops): 3 miles; Woods Walk at the Highlands (3 loops): 3 miles

Week 8 5K Run/Walk for Heart Health: 3.1 miles; Beech Forest (3 loops): 3.3 miles