

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 Walk | Run | Bike for
HEART HEALTH

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

Saturday, September 18
Event begins at 8:30 a.m.
Nauset High School, Eastham

Run/walk a 5K or 5-mile course or ride a virtual
10 or 35-mile course to complete the race.

Special children's fun runs and a 1-mile run/walk
challenge are also part of the event.

For more information or to register, visit
www.runreg.com/healthy-parks-healthy-people

HEALTHY PARKS, HEALTHY PEOPLE



Cape Cod
National Seashore



CAPE COD HEALTHCARE

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