



GETKRISTENFIT

# COUCH TO 5K

Complete these workouts Wk. 1

Always make sure to perform dynamic stretches + foam roll prior to a workout.

Static stretch after your workout!

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## DISTANCE

Complete 8 x  
2 min fast walk/ 1 minute jog (or run)

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## TEMPO

Complete 4x  
2 min run / 1 min walk/ 1 min  
run/ 30 sec walk/30 sec run/ 2  
min recover

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## SPEED

Complete 10x  
1 minute run  
1 minute recover