



# 5 km Out-to-Run

Free 8-week program

Tuesdays at 6:30 pm  
Saturdays at 9:00 am

Meet at Ottawa City Hall,  
Lisgar Street Entrance



Contact Marcel for more info at [ofr@ottawafontrunners.org](mailto:ofr@ottawafontrunners.org)

Tuesday					Thursday				Saturday			
Week	Date	Run (min)	Walk (min)	Reps	Date	Run (min)	Walk (min)	Reps	Date	Run (min)	Walk (min)	Reps
1	7 Jul	1.0	1.5	6.0	9 Jul	1.0	2.0	8.0	11 Jul	1.0	1.0	10.0
2	14 Jul	2.0	2.0	5.0	16 Jul	3.0	2.0	4.0	18 Jul	3.0	1.0	5.0
3	21 Jul	5.0	3.0	3.0	23 Jul	5.0	2.0	3.0	25 Jul	6.0	2.0	3.0
4	28 Jul	8.0	3.0	2.0	30 Jul	10.0	2.0	2.0	1 Aug	12.0	2.0	2.0
Week	Date	Run (min)	Walk (min)	Run (min)	Date	Run (min)	Walk (min)	Run (min)	Date	Run (min)	Walk (min)	Run (min)
5	4 Aug	15.0	3.0	5.0	6 Aug	20.0	0.0	0.0	8 Aug	8.0	5.0	8.0
6	11 Aug	20.0	3.0	5.0	13 Aug	22.0	0.0	0.0	15 Aug	25.0	0.0	0.0
7	18 Aug	28.0	0.0	0.0	20 Aug	30.0	0.0	0.0	22 Aug	35.0	0.0	0.0
8	25 Aug	20.0	0.0	0.0	27 Aug	10.0	5.0	10.0	29 Aug	Race Day 5 km		

► 5 km

Program credit: David Dack, published 6 May 2025, available from <https://www.runnersblueprint.com/couch-to-5k/>.

Multicoloured Runners background image credit: Kamaga (iStock); OFR logo superimposed on the image.