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## From couch to 5k program

■ The OFFICIAL C25K® (Couch to 5K) program with millions of success stories!■ Official partners and featured on FITBIT and SAMSUNG smart watches!■ Featured on The New York Times, Los Angeles Times, The Washington Post, The Guardian, The Huffington Post, Men's Fitness, Forbes, Mashable, Glamour Magazine, Popsugar Fitness, CBS News, NBC News, Macworld, Cosmopolitan, The Verge, Lifehacker, WebMD and many more!"C25K is easy to use, as you would hope for a beginner app." - New York Times"Daily programs that alternate between short bursts of walking and running until you're ready to go the distance." - Forbes"One of the highest-rated health and fitness apps... A modest, realistic workout schedule." - Men's FitnessOur community is our priority. Questions? Comments? Suggestions? See why our community has made us the #1 5K training app. contactus@zenlabsfitness.com= Real-Life Inspirational Transformations ≈@ Over 175,000 Likes and 1500 Success Photos at facebook.com/c25kfree@ Our community inspires one another (and inspires us!) everyday. Hear their amazing stories."In this last year I have lost 97 lbs, gotten off insulin and 9 other medications, completed the C25K running app and started the 10k app. Life is a blessing." - Diana"I went from a size 16 to a size 7. I tell anyone I can about the app, because it was nothing short of a life changer." - Amber"I'm now down 50 pounds from when I began C25K in August. I've gone through the program 3 times increasing my speed by a half MPH each time." - ClaireC25K® is the easiest program to get beginners from couch potatoes to 5K distance runners in 8 weeks.The proven C25K program was designed for inexperienced runners who are just beginning. The plan's structure prevents new runners from giving up and challenges them to continue moving forward. C25K works because it starts with a mix of running and walking, gradually building up strength and stamina.≈ Less is More ≈@ Easy to learn. Just press start!@ Ideal for first-time runners@ 30 minutes a day, 3 days a week, 8 weeks total. Millions have finished their first 5K. You will too!≈ Features =● Convenient audio coach and alerts● Map your run at the end of your workout!● Free Podcast Bits offers personalized playlists of podcast clips● Light and dark modes● Health app integration● Free iPad integration for indoor treadmills● Listen to your own favorite music and playlists while you train● Integrated with Facebook, Twitter, and Instagram● Access to our forums with thousands of veterans and newcomers starting the app. Join the community and meet other runners!≈ NEW Zen Unlimited Pass - Try it for free! ≈● Award winning music curated from top DJ's!● Scientifically proven to increase motivation by 35%● Unlimited access to all pro features across ALL Zen Labs Fitness apps● Unlock calories, distance, Apple watch integration, and more● One subscription unlocks all our apps!≈ Connect ≈Facebook: @C25KfreeTwitter: @C25KfreeInstagram: @officialc25kHashtag: #C25KZen Labs is a proud supporter of the National Breast Cancer Coalition. breastcancerdeadline2020.orgSubscription pricing and terms:The subscription will automatically renew unless turned off in your iTunes Account Settings at least 24 hours before current period ends. You can go to your iTunes Account settings to manage your subscription and turn off auto-renew. Your iTunes Account will be charged when the purchase is confirmed. If you subscribe before your free trial ends, the rest of your free trial period will be forfeited as soon as your purchase is confirmed.Privacy Policy & Terms of Use: DisclaimerThis app and any information given by it or by Zen Labs LLC are for educational purposes only. You should always consult your healthcare provider before beginning any fitness program.C25K® is a registered trademark of Zen Labs LLC Jun 30, 2021 Version 5.1.5 ≈ NEW Podcast Bits! ≈@ New, free Podcast Bits! - nourish your mind while you run by listening to personalized playlists of podcast clips. Access it under music in the app!Our community is our number one priority. We answer each and every email. Most of our updates have been suggestions from our community. Questions? Comments? Suggestions? See why our community has made us the #1 5K training app. contactus@zenlabsfitness.com I've wanted to get in shape for years but was convinced that I should resign myself to just being frumpy. When one of my kids joined track, I remembered how much I loved track when I was the same age. (At all other ages before and after I didn't like running though lol) I've made small efforts here and there to adjust my lifestyle so that I could be healthier for myself and my family. Fear of actually winding up overweight and frumpy for the rest of my life, and fear that I'd never get energy back, be at a healthy weight, or see my actual knees and have real calves again, led me to decide to use the C25K program. I was surprised how many people hadn't heard of the program, but I've been sharing it through social media and through word of mouth whenever I finish a session. The app makes it easy to share to social media so that my friends and family can cheer me on and keep me accountable, while giving me pride in seeing what I've accomplished. There's a community area of other people using the program, and even a place on the app to locate local 5K runs to sign up for so you have a goal to push towards! I'm excited about continuing my journey, and happily surprised at how easy it is. I recommend setting up a playlist on your music since the app chooses the same series of songs otherwise. Just trust yourself to get the first few steps out of the door and let the app do the rest! HAPPY RUNNING! Ok so I have always hated running and running for even a minute straight was tough. I laughed when I saw some of the workouts through out the weeks on here...me running 5 minutes straight? Several times a workout?? Hah! Well after reading the other reviews and people with similar background having success I gave it a try. It's like the app puts a finger up to your lips and says "Shhh...just trust me." You nod your head in silence and reluctantly jump on board. Some how, some way, you get through the workouts. Each week they get a little harder, but somehow you find yourself being able to sustain longer run times. You can't believe it, it seems too good to be true. But you just don't think about it and keep going. Because in the back of your mind you are afraid if you do think about it you'll wake up and it won't be true. Next thing you know you are running for the longest you've ever run in your life!! It's a miracle! You feel great and your confidence is through the roof! Then it asks you if you want to start training for a 10k. And the panic and self doubt sets in all over. But it works! I used to be an avid runner- my Mile was down to 4:50 pace. As you get older, muscles and dynamics change especially if one does not keep up with fitness. I was trying to get back down to 6min but was going about it the wrong way with a slow jog and getting mileage in. It was frustrating and would take a lot of time just to run. I couldn't keep at it because I also had this sore on the side of my knee. Come to find out I was going about my run all wrong because of my defeated mentality. This app has changed all that. The mixture of walking and jogging encourages a faster pace and to kick up your knees. The reason; because it's only 30 min- it's like that carrot dangling to encourage one to run harder and correctly to build not only calve and thigh muscles, but also the glutes. I cannot emphasize enough on how this app encourages kicking up my knees and picking up my pace during the running portion, thus targets the correct muscles and taking pressure off my knees. Because of all those factors, I can remain consistent and actually look forward to it. I still don't like running- but 30 min isn't that long and is a nice escape either with music or talk radio. The best part- being active helps me keep up with my son when I'm playing with him. Just 30 min of my own three days a week- enables me to go the extra mile with my son after a difficult day at work. Zen Unlimited Pass Monthly The developer, Zen Labs, indicated that the app's privacy practices may include handling of data as described below. For more information, see the developer's privacy policy. The following data may be collected but it is not linked to your identity: Health & Fitness Location Contact Info Identifiers Usage Data Diagnostics Privacy practices may vary, for example, based on the features you use or your age. Learn More Developer Website App Support Privacy Policy Get off the couch and get running with the OFFICIAL Couch to 5K® training app! This oft-imitated program has helped thousands of new runners move from the couch to the finish line. Spend just 20 to 30 minutes, three times a week, for nine weeks, and you'll be ready to finish your first 5K (3.1-mile) race!Get more information about the Couch to 5K app here: use of GPS running in the background can dramatically decrease battery life.The Couch to 5K coach you select talks to you during your workouts. To save your battery, Couch to 5K sends audio notifications when your screen is locked or another app is in use.To be sure you hear the coach during your workout, please do the following:• Turn on Notifications permissions• Turn on the hardware ring/silent switch (no red showing)• Turn your ringer volume up• Turn off Do Not Disturb (swipe up for Control Panel and the moon button should not be white)• Within the app, in Settings > Workout Options, be sure the Trainer Volume is upWithout granting notification permissions, during a workout you can click the lock icon at the top left to keep the app active and still hear the coach.For support please contact us at: MobileSupport@activenetwork.com We would love to hear from you.WINNER of the 2012 Appy Award for best Healthcare & Fitness App!Features• Training plan designed by Active.com trainers• Choose from 4 different motivating virtual coaches—Johnny Dead, Constance, Billie or Sergeant Block• Hear human audio cues to guide you through each workout• Listen to your favorite playlists with in-app music player• Calculate your distance & pace and map your routes with FREE GPS support\*• Log your workouts and share your progress on Facebook • Get support from the largest running community on Active.com Trainer• Repeat workouts and track your best performance• Treadmill support allows manual entry of workouts• Track your progress with total distance and average pace• Graphs for workouts to compare distance and paceFinished the Couch to 5K program and ready to take your running program to the next level? Check out our 5K to 10K app to prep for your first 10K race here. Praise"The popular Couch to 5K app helps new runners avoid injury from doing too much, too soon."—Runners World, June 2012"It's ridiculously easy to use (it's hard not to, as you just do what you're told) and it's fantastic that you have an encouraging voice talking you through things."—Engadget, June 2012"Active.com's Couch to 5K is one of my favorite... apps. With its customizable features, interactivity, and well-rounded interface, I may actually stay off the couch this time."—148Apps, October 2011"I knew as soon as I decided to start the Couch to 5K program that I would need something to keep me accountable—not just to showing up for my training, but to actually doing it properly. Of course there's an app for that."—CalorieLab, April 2012"If you have been struggling to get your buns off the couch and somewhat in shape before the summer hits, training for a 5K is not a bad way to start. If you are looking for a program to help get you there, then the "Couch to 5K" running plan by CoolRunning is probably your best bet if you haven't done an ounce of athletic activity for a number of years."—Droid Life, April 2012FAQ: Once you purchase the app, it is yours to keep. It does not expire after 9 weeks. Apr 21, 2021 Version 4.5.10 - Bug fixes and performance improvements. Let me preface this by saying I am a person who enjoys fitness and started Couch to 5K at a decent base level of cardio fitness. Not amazing, but I'm not a couch potato either. I've never been great at distance running, but it's been on my list for a few years to run a 5K so this year is the year. Highly recommend paying money and signing up for one so you're motivated to stick with it. The first 4 weeks of this program make sense and work you up in sensible intervals. Then week 5-7 are madness. Like I looked at them and I was like HOW!? Who came up with this?? But surprise of all surprises... I did it! I actually was ready for those crazy hard weeks. So needless to say, I've been very impressed with this app as far as fitness programming. The app itself has also worked well for me. Once in a while I think it may not be playing the "walk" or "jog" bits but that might be because my phone is on silent. I was using this running program through the Active website before it became an app. I absolutely loved the program and app (up until about a year and a half ago) and over the years have told so many people to purchase it because it's one of the best ones I've found in terms of building a base without injuries and for not being intimidating, even for new runners. That said, the last year or so I've been thoroughly disappointed with the app. It's buggy, shuts down randomly and doesn't save the run (other apps I've tried that are free, you can just reopen the app if it crashes and the run is still going so you don't lose everything), and most importantly does not work with the Apple Watch like it claims to (I have a cellular plan and the app, phone and watch are fully up to date). You have to bring your phone with you if you want to see any of the stats (time, distance, pace, interval) and that defeats the purpose. Also, sometimes it'll queue me to run or walk with a buzz notification on my watch (when I've left my phone at home) but most the time doesn't. There's no telling when it will or won't work. The convenience this app used to provide isn't there any more because it's not keeping up to date with modern technology. Until these issues are fixed I would discourage anyone paying for the app. I downloaded the app a few years ago and LOVED it. This latest version though is left wanting. First off, I had to purchase it again because it didn't remember that I had already bought the app. Then it has been pretty glitchy. This morning it skipped a full walking section and went from run to run. The other day it froze on the warm up and wouldn't go into a run. Also, the audio cues are difficult to hear with my music playing so I have to listen really closely to know what I need to do. I turned on the vibrate to see if that would help and it barely made a difference. I used to be able to look at what the intervals were so I could mentally prepare myself for the run and now I can't. I have to keep hitting "skip" then redo the exercise just to see what is expected of me that day. I am not impressed with the app and it has been sooooo frustrating to us. I go jogging for my mental health and it doesn't help that this app gets me all wound up because it's not operating as it should. Finally, skipping tracks when the exercise starts and shutting of my music after cool down is super annoying. I get my music ready before I go and like to listen to my music after I stretch and it shuts my music off or skips tracks. The developer, Active Network, LLC, indicated that the app's privacy practices may include handling of data as described below. For more information, see the developer's privacy policy. The following data may be collected but it is not linked to your identity: Privacy practices may vary, for example, based on the features you use or your age. Learn More Developer Website App Support Privacy Policy

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