How To Download and Synch the Christian Indie C25K tracks

First, navigate to the website http://www.buriedtalentsband.com/c25k/

Scroll down until you see the screen below.

RIGHT-click (using the right-side mouse button) on the link indicated. For those who use a Mac, Hold down the curly square (cmd) button while clicking.
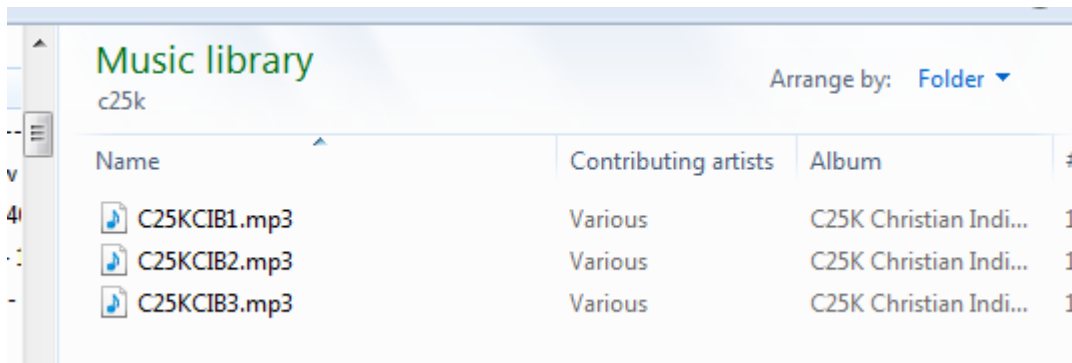

The following popup menu will appear in Internet Explorer… Choose Save target as…
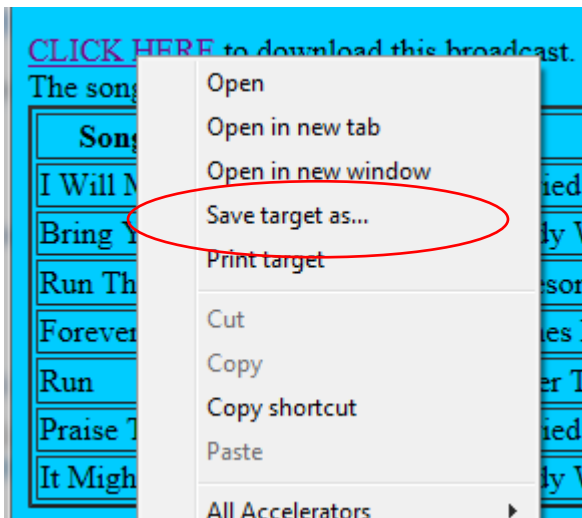
Below is the choice in Chrome…

Not sure how that looks in Safari, or Firefox, so your mileage may vary. Choose a place on your computer where you want the tracks stored.

After clicking Save, repeat the process for the other tracks on the page.

A Synching Feeling

Once you have all the tracks saved to a location on your computer, launch the software you use to synch music to your phone or MP3 device.
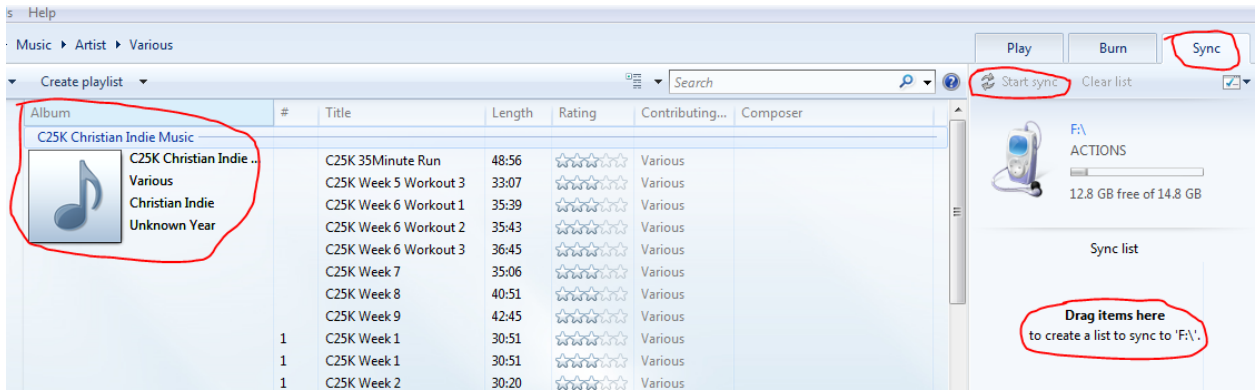
MP3 player

For many MP3 devices, this is as simple as dragging the MP3 files to your device's music folder.

You can also launch Windows Media player, and import these tracks as music:
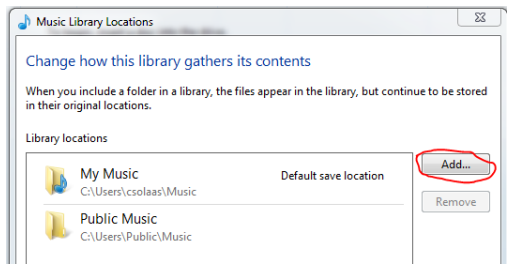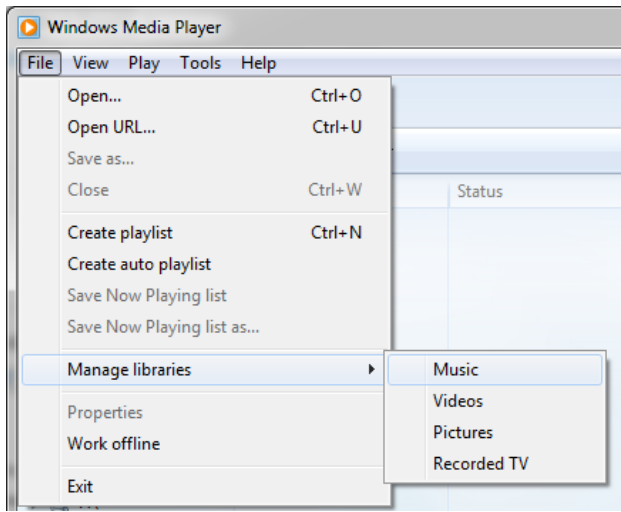
Once that's done, just use the SYNCH tab to drag the tracks to your device…

For iPhones, iPods, etc, iTunes is the tool of choice, and my experience with it is probably less than yours.)