

Couch to 5K 9 week programme

Note: It is important to have a rest day between runs, warm up with stretches and a 5 minute brisk walk before each run. Cool down with a 5 minute walk and stretches at the end.

	Week 1		Week 2		Week 3		Week 4		Week 5	
Day 1	Warm up:	5 mins walk	Warm up:	5 mins walk	Warm up:	5 mins walk	Warm up:	5 mins walk	Warm up:	5 mins walk
	Run:	60 secs	Run:	90 secs	Run:	90 secs	Run:	3 mins	Run:	5 mins
	Walk:	90 secs	Walk:	2 mins	Walk:	90 secs	Walk:	90 secs	Walk:	3 mins
	Repeat:	7 times	Repeat:	5 times	Run:	3 mins	Run:	5 mins	Run:	5 mins
					Walk:	3 mins	Walk:	2.5 mins	Walk:	3 mins
	Final run:	60 secs	Final run:	90 secs	Run:	90 secs	Run:	3 mins	Run:	5 mins
	Cool-down:	5 mins walk	Cool-down:	5 mins walk	Walk:	90 secs	Walk:	90 secs	Cool-down:	5 mins walk
					Run:	3 mins	Run:	5 mins		
					Cool-down:	5 mins walk	Cool-down:	5 mins walk		
Day 2	Repeat week 1 day 1		Repeat week 2 day 1		Repeat week 3 day 1		Repeat week 4 day 1		Warm up:	5 mins walk
									Run:	8 mins
									Walk:	5 mins
									Run:	8 mins
									Cool-down:	5 mins walk
Day 3	Repeat week 1 day 1		Repeat week 2 day 1		Repeat week 3 day 1		Repeat week 4 day 1		Warm up:	5 mins walk
									Run:	20 mins
									Cool-down:	5 mins walk
Your notes										

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	Week 6		Week 7		Week 8		Week 9	
Day 1	Warm up:	5 mins walk	Warm up:	5 mins walk	Warm up:	5 mins walk	Warm up:	5 mins walk
	Run:	5 mins	Run:	25 mins	Run:	28 mins	Run:	30 mins
	Walk:	3 mins	Cool-down:	5 mins walk	Cool-down:	5 mins walk	Cool-down:	5 mins walk
	Run:	8 mins						
	Walk:	3 mins						
	Run:	5 mins						
	Cool-down:	5 mins walk						
Day 2	Warm up:	5 mins walk	Repeat week 7 day 1		Repeat week 8 day 1		Repeat week 9 day 1	
	Run:	10 mins						
	Walk:	3 mins						
	Run:	10 mins						
	Cool-down:	5 mins walk						
Day 3	Warm up:	5 mins walk	Repeat week 7 day 1		Repeat week 8 day 1		Repeat week 9 day 1	
	Run:	25 mins						
	Cool-down:	5 mins walk						
Your notes								

**Congratulations!!
You've completed the
Couch to 5k programme.**