

COUCH TO 5K PROGRAMME WEEKS

Full details, including links to audio files, are available at <https://getfitfalkland.org.uk/activities/couch/programme.php>

Week 1:

Group Session - We talk about the programme. Learning to get ready to jog - warm up. Jog 4 x 30 seconds with 90 seconds walking between. Jog 4 x 1 minute with 90 seconds walking between. Post-run stretches & cooling down.

Independent Sessions - Warm up walk and exercises. Jog 8 x 1 minute with 90 seconds walking between. Post-run stretches & cooling down.

Week 2:

Warm up walk and exercises. Jog 6 x 1.5 minutes, 2 minutes walking between. Post-run stretches & cooling down.

Week 3:

Warm up walk and exercises. Jog 1.5 minutes, walk 1.5 minutes. Then jog 3 minutes, walk 3 minutes. Then repeat. Post-run stretches & cooling down.

Week 4:

Warm up walk and exercises. Jog 3 minutes, walk 1.5 minutes. Then jog 5 minutes, walk 2.5 minutes. Jog 3 minutes, walk 1.5 minutes. Then jog 5 minutes. Post-run stretches & cooling down.

Week 5:

The scheme has three different workouts for week 5. We do run 1 as a group - jog 5 mins, walk 3 mins, jog 5 mins, walk 3 mins, jog 5 mins.

Your first midweek workout is a repeat of run 1.

Your second midweek workout is (predictably) run 2 - jog 8 mins, walk 5 mins, jog 8 mins.

Week 6:

We do the week 5 workout 3 together -

Jog 20 minutes! But don't worry - you're ready for this.

The scheme has three different workouts for week 6. During the week, you do workouts 1 and 2 on your own.

Workout 1 goes back to partly jogging and partly walking - jog 5 mins, walk 3, jog 8 mins, walk 3 mins, jog 5 mins.

Workout 2 consists of jog 10 mins, walk 3 mins, jog 10 mins.

Week 7:

We do the week 6 workout 3 together -

Run 25 minutes without walking.

The week 7 workout also involves running 25 minutes without walking. During the week, you do this twice on your own.

Week 8:

Run 28 minutes without walking.

Week 9: ('Graduation' at Parkrun)

Run 30 minutes without walking.

Week 10:

Week 10 is our bonus week.
