

Couch to 5K 9-week programme

Note: It's important to have a rest day between runs. Make sure to warm up and cool down with stretches and walking every time you run, this is a great way to take care of your body after putting in all that hard work!

	Week 1		Week 2		Week 3		Week 4		Week 5	
Run 1	Warm-up:	5 mins walk	Warm-up:	5 mins walk						
	Run:	1 min	Run:	1 min 30 secs	Run:	1 min 30 secs	Run:	3 mins	Run:	5 mins
	Walk:	1 min 30 secs	Walk:	2 mins	Walk:	1 min 30 secs	Walk:	1 min 30 secs	Walk:	3 mins
	Repeat:	7 times	Repeat:	5 times	Run:	3 mins	Run:	5 mins	Run:	5 mins
	Final run:	1 min	Final run:	1 min 30 secs	Walk:	3 mins	Walk:	2 mins 30 secs	Walk:	3 mins
	Cool-down:	5 mins walk	Cool-down:	5 mins walk	Run:	1 min 30 secs	Run:	3 mins	Final run:	5 mins
					Walk:	1 min 30 secs	Walk:	1 min 30 secs	Cool-down:	5 mins walk
					Final run:	3 mins	Final run:	5 mins		
					Cool-down:	5 mins walk	Cool-down:	5 mins walk		
Run 2	Repeat week 1 Run 1		Repeat week 2 Run 1		Repeat week 3 Run 1		Repeat week 4 Run 1		Warm-up:	5 mins walk
									Run:	8 mins
									Walk:	5 mins
									Final run:	8 mins
									Cool-down:	5 mins walk
Run 3	Repeat week 1 Run 1		Repeat week 2 Run 1		Repeat week 3 Run 1		Repeat week 4 Run 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	
Run 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						
	Final run:	5 mins						
	Cool-down:	5 mins walk						
Run 2	Warm-up:	5 mins walk	Repeat week 7 Run 1		Repeat week 8 Run 1		Repeat week 9 Run 1	
	Run:	10 mins						
	Walk:	3 mins						
	Final run:	10 mins						
	Cool-down:	5 mins walk						
Run 3	Warm-up:	5 mins walk	Repeat week 7 Run 1		Repeat week 8 Run 1		Repeat week 9 Run 1	
	Run:	25 mins					Today is the day! One last push, you're only 30 minutes away from that finish line.	
	Cool-down:	5 mins walk						
Your notes								

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