



## Week by Week Programme

	Run 1	Run 2	Run 3
Week 1	Begin with a brisk 5-minute walk, then alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 20 minutes. <input type="checkbox"/>	Begin with a brisk 5-minute walk, then alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 20 minutes. <input type="checkbox"/>	Begin with a brisk 5-minute walk, then alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 20 minutes. <input type="checkbox"/>
Week 2	Begin with a brisk 5-minute walk, then alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes. <input type="checkbox"/>	Begin with a brisk 5-minute walk, then alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes. <input type="checkbox"/>	Begin with a brisk 5-minute walk, then alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes. <input type="checkbox"/>
Week 3	Begin with a brisk 5-minute walk, then 2 repetitions of 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking. <input type="checkbox"/>	Begin with a brisk 5-minute walk, then 2 repetitions of 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking. <input type="checkbox"/>	Begin with a brisk 5-minute walk, then 2 repetitions of 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking. <input type="checkbox"/>
Week 4	You will begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 5 minutes of running, 2-and-a-half minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking and 5 minutes of running. <input type="checkbox"/>	You will begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 5 minutes of running, 2-and-a-half minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking and 5 minutes of running. <input type="checkbox"/>	You will begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 5 minutes of running, 2-and-a-half minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking and 5 minutes of running. <input type="checkbox"/>

<b>Week 5</b>	A brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 5 minutes of running, 3 minutes of walking and 5 minutes of running. <input type="checkbox"/>	A brisk 5-minute walk, then 8 minutes of running, 5 minutes of walking and 8 minutes of running. <input type="checkbox"/>	A brisk 5-minute walk, then 20 minutes of running, with no walking. <input type="checkbox"/>
<b>Week 6</b>	A brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 8 minutes of running, 3 minutes of walking and 5 minutes of running. <input type="checkbox"/>	A brisk 5-minute walk, then 10 minutes of running, 3 minutes of walking and 10 minutes of running. <input type="checkbox"/>	A brisk 5-minute walk, then 25 minutes of running with no walking. <input type="checkbox"/>
<b>Week 7</b>	For your 3 runs in week 7, you will begin with a brisk 5-minute walk, then 25 minutes of running. <input type="checkbox"/>	For your 3 runs in week 7, you will begin with a brisk 5-minute walk, then 25 minutes of running. <input type="checkbox"/>	For your 3 runs in week 7, you will begin with a brisk 5-minute walk, then 25 minutes of running. <input type="checkbox"/>
<b>Week 8</b>	For your 3 runs in week 8, you will begin with a brisk 5-minute walk, then 28 minutes of running. <input type="checkbox"/>	For your 3 runs in week 8, you will begin with a brisk 5-minute walk, then 28 minutes of running. <input type="checkbox"/>	For your 3 runs in week 8, you will begin with a brisk 5-minute walk, then 28 minutes of running. <input type="checkbox"/>
<b>Week 9</b>	For your 3 runs in week 9, you will begin with a brisk 5-minute walk, then 30 minutes of running. <input type="checkbox"/>	For your 3 runs in week 9, you will begin with a brisk 5-minute walk, then 30 minutes of running. <input type="checkbox"/>	For your 3 runs in week 9, you will begin with a brisk 5-minute walk, then 30 minutes of running. <input type="checkbox"/>

This training plan is designed for beginners to gradually build up their running to allow them to achieve a 5 km run without stopping. It is based on the NHS Couch to 5K guidance. For extra support during your challenge you can also download the free Public Health England - One You Couch to 5K App from the App Store or Google Play. We will however be keeping in touch with regular weekly emails to encourage and support you along the way.

#### **A Few Top Tips:**

- Plan your runs and put them in your calendar or diary
- Make sure you plan in Rest Days; having a day off in-between runs will reduce your chance of injury and also make you a stronger, better runner.
- If you don't feel ready to move on; repeat any one of the weeks until you feel physically ready to move on to the next week.
- Always do the 5-minute warm-up walks before each run, and check your running shoes are comfortable and supportive.
- If running at night; please ensure you wear Hi-Viz clothing to ensure safety.