

Couch to 5k

Begin each run with a brisk 5 minute walk to warm-up and finish with 2-3 minutes walking and a light stretch.

Week 1			Week 2			Week 3			Week 4			Week 5		
<p><i>Your 3 runs will consist of the following:</i></p> <p><i>1 minute running followed by 1 and a half minute walking for a total of 20 minutes.</i></p>			<p><i>Your 3 runs will consist of the following:</i></p> <p><i>1 and a half minute running followed by 2 minutes walking for a total of 21 minutes.</i></p>			<p><i>Your 3 runs will consist of the following:</i></p> <p><i>1 and a half minute running followed by 1 and a half minute walking and then 3 minute running followed by 3 minute walking. Repeat this all again a second time.</i></p>			<p><i>Your 3 runs will consist of the following:</i></p> <p><i>3 minutes running, 1 and a half minutes walking, 5 minutes of running, 2 and a half minutes walking, 3 minutes running, 1 and a half minutes walking and 5 minutes running.</i></p>			<p><i>Run 1- 5 minutes running and 3 minutes walking repeated 2 more times.</i></p> <p><i>Run 2-8 minutes running and 5 minutes walking repeated 1 more time.</i></p> <p><i>Run 3-20 minutes running.</i></p>		
<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>
Week 6			Week 7			Week 8			Week 9			Week 10		
<p><i>Run 1- 5 minutes running, 3 minutes walking, 8 minutes of running, 3 minutes of walking and 5 minutes of running.</i></p> <p><i>Run 2-10 minutes running and 3 minutes walking repeated 1 more time.</i></p> <p><i>Run 3-25 minutes running.</i></p>			<p><i>All 3 runs this week will be a 25 minute run.</i></p>			<p><i>All 3 runs will be a 28 minute run.</i></p>			<p><i>All 3 runs will be a 30 minute run.</i></p>			<p style="text-align: center;"><i>5k run!</i></p> <p style="text-align: center;"><i>Meet at the centre for a group run.</i></p>		
<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>	<i>Run 2</i>	<i>Run 3</i>	<i>Run 1</i>		