



Do you want to be more physically active?

Our **Couch to 5k running plan** will help you kickstart your **'move more'** journey.



Be safe

If you have any medical conditions or have not been physically active in a long time, speak to your doctor before starting. Always listen to your body and stop and rest if you feel sick or tired.



Warm-down

Warm-down (2-3 minutes) at the end of each session by completing some stretching. A warm-down will help prevent sore muscles.



Make a Plan

The 'Couch to 5k Running Plan' is a guide. You can change up the days to suit your lifestyle but try to stick to the format, minimum of 3 running days per week.



Take a break

Rest days are important and will help aid recovery off any muscle stiffness.



Build strength

Consider including strength exercises twice a week. Some simple body weight exercises like a squat or lunge will strengthen leg muscles and help prevent injury.



Warm-up

Start each running session with a warm-up (2-3 minutes) to help you prepare your body for activity and prevent injury. A warm-up should include mobilising all key joints (shoulders, spine, hips, knees and ankles).



Sign up

At the end of the **6-week** plan, you can choose to take part in a local 5k park run in your area [parkrun.ie](https://www.parkrun.ie), or simply set a personal goal to complete a 5k on your own as a milestone to mark your plan completion.

Run
day event





Running Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Day 1	Run 1 min Walk 1 min Repeat x 10	Run 3 mins Walk 3 mins Repeat x 4	Run 7 mins Walk 2 mins Repeat x 3	Run 8 mins Walk 2 mins Repeat x 3	Run 9 mins Walk 1 min Repeat x 3	Run 15 mins Walk 1 mins Repeat x 2
Day 2	Rest	Rest	Rest	Rest	Rest	Rest
Day 3	Run 2 mins Walk 4 mins Repeat x 5	Run 3 mins Walk 3 mins Repeat x 4	Run 8 mins Walk 2 mins Repeat x 3	Run 10 mins Walk 2 mins Repeat x 2 Extra run 5 mins	Run 12 mins Walk 2 mins Repeat x 2 Extra run 5 mins	Run 8 mins Walk 2 mins Repeat x 3
Day 4	Rest	Rest	Rest	Rest	Rest	Rest
Day 5	Rest	Rest	Rest	Rest	Rest	Rest
Day 6	Run 2 mins Walk 4 mins Repeat x 5	Run 5 mins Walk 4 mins Repeat x 3	Run 8 mins Walk 2 mins Repeat x 3	Run 8 mins Walk 2 mins Repeat x 3	Run 8 mins Walk 2 mins Repeat x 3	'Run' day event
Day 7	Rest	Rest	Rest	Rest	Rest	Rest



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[irisheart.ie](https://www.irisheart.ie)

