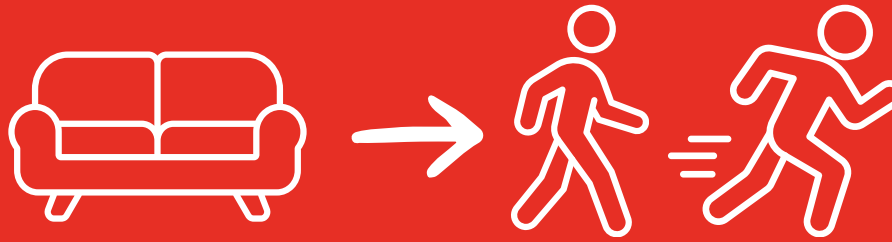


Couch to 5K

Walking/Running Plan



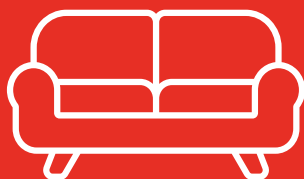
Do you want to be more physically active?
Our **Couch to 5k walking/running plan** will help you kickstart your move more journey.

If you are a beginner: Start with the walking plan.

If you are already physically active, try the running plan.

- Start each walking/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).
- Rest days are important and will help aid recovery off any muscle stiffness.
- At the end of the 6 week plan, you can choose to take part in a local 5k park walk or run in your area parkrun.ie, or simply set a personal goal to complete a 5k on your own as a milestone to mark your plan completion.
- Warm-down (2-3 minutes) at the end of each session by completing some stretching. A warm-down will help prevent sore muscles.
- 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.
- 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.
- The 'Couch to 5k Walking/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 walking/running days per week.

Couch to 5K Walking Plan



**Irish Heart
Foundation**
Here for Every Heartbeat

60
years

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Easy walk 35mins	Rest	Brisk walk 2mins Easy 1min Repeat x 10	Rest	Easy walk 30 mins	Rest	Walk to distance 3.5km
2	Easy walk 35mins	Rest	Brisk walk 3mins Easy 1min Repeat x 8	Rest	Easy walk 40 mins	Rest	Walk to distance 4km
3	Easy walk 40mins	Rest	Brisk walk 2mins Easy 1min Repeat x 12	Rest	Easy walk 45 mins	Rest	Walk to distance 4.5km
4	Easy walk 50mins	Rest	Brisk walk 3mins Easy 1min Repeat x 8	Rest	Easy walk 60 mins	Rest	Walk to distance 5km
5	Easy walk 70mins	Rest	Brisk walk 2mins Easy 1min Repeat x 10	Rest	Easy walk 80 mins	Rest	Walk to distance 5km
6	Easy walk 90 mins	Rest	Brisk walk 5mins Easy 1min Repeat x 6	Rest	Easy/Gentle Movement	Rest	Walk day event

Couch to 5K Running Plan



**Irish Heart
Foundation**
Here for Every Heartbeat

60
years

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