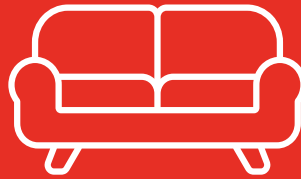


Couch to 5K Walking Plan



Do you want to be more physically active?

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

- Start each walking 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).

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

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

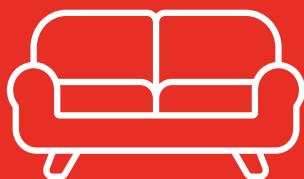
- Consider including strength exercises twice a week. Some simple body weight exercises like a squat or lunge will strengthen leg muscles and help prevent injury.

- The 'Couch to 5k Walking 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 days per week.

- At the end of the 6 week plan, you can choose to take part in a local 5k park walk 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.

- 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.

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