



Do you want to be more physically active?

Our **Couch to 5k walking 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.



Make a Plan

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.



Warm-up

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

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



Take a break

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



Build strength

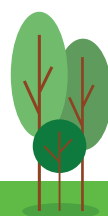
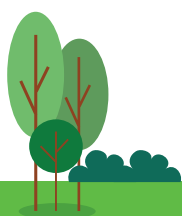
Consider including strength exercises twice a week. Some simple body weight exercises like a squat or lunge will strengthen leg muscles and help prevent injury.



Sign up

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.

walk
day event





Walking Plan

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



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