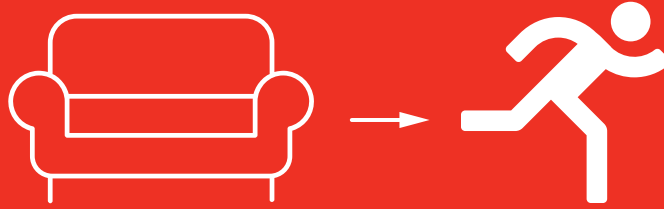
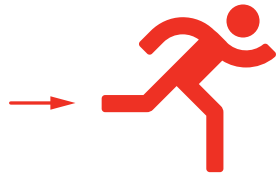
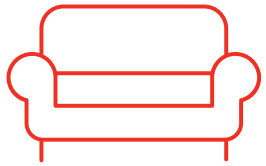


Couch to 5K Jogging Plan



If you are new to running or have not run in a while the **‘Couch to 5k Jogging Plan’** will be a useful tool to help begin your journey into running.

- Start each session with a warm-up. A warm-up should include mobilising of the key joints (shoulders, spine, hips, knees and ankles) followed by 2-3mins of brisk walking. Warming up helps gently prepare your body for activity and helps prevent injury.
- Warm-down at the end of each session by slowing down the intensity for 2-3mins followed by some stretching. A warm-down will help prevent sore muscles.
- Rest days are a rest from running; remember to still move about, do some stretching and get out for a walk to aid recovery between sessions.
- 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.
- Wear loose light layers that you can remove if you become too warm and wear comfortable running shoes.
- The ‘Couch to 5k Jogging Plan’ is a guide. You can change up the days to suit your lifestyle but try to stick to the format of 3 running days per week.
- Remember to listen to your body throughout the plan, if you feel ill or tired then rest. If you have any medical conditions or have not exercised in a long time, consult your GP before beginning a new exercise regime.



Couch to 5K Jogging Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Run 1 min, walk 1 min. Repeat 10 times.	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest
WEEK 2	Run 3 mins, walk 3 mins. Repeat 4 times.	Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Run 5 mins, walk 3 mins. Repeat 3 times.	Rest
WEEK 3	Run 7 mins, walk 2 mins. Repeat 3 times	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest
WEEK 4	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Run 10 mins, walk 2 mins. Repeat twice, then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest
WEEK 5	Run 9 mins, walk 1 min. Repeat 3 times	Rest	Run 12 mins, walk 2 mins. Repeat twice, then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest
WEEK 6	Run 15 mins, walk 1 min. Repeat twice	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest	Rest	5k Race!	Rest