

# COUCH TO 5K

Think you'll never become a seasoned runner? Follow this nine week plan that begins gradually and ends with you confidently running 5km.



## Important:

Exercise should be **FUN** as well as a means of improving your health so don't feel guilty if you miss a session. Adapt the plan to suit your busy lifestyle.

## Legend:

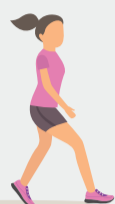


run

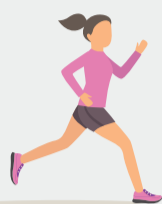


walk

### WEEK 1 Easy does it!



Start with a brisk **FIVE MINUTE** warm-up walk



60 seconds



90 seconds



for a total of **20 MINUTES**

### WEEK 2 Up to go!



Start with a brisk **FIVE MINUTE** warm-up walk



90 seconds

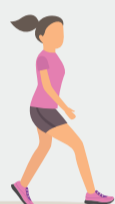


2 minutes



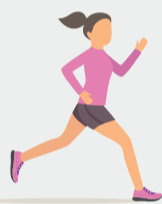
for a total of **20 MINUTES**

### WEEK 3 Up the ante!

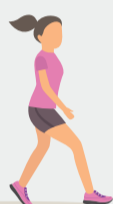


Start with a brisk **FIVE MINUTE** warm-up walk

Two repetitions



90 seconds



90 seconds



3 minutes

### WEEK 4 (Nearly) half way!



Start with a brisk **FIVE MINUTE** warm-up walk

Two repetitions



3 minutes



90 seconds



5 minutes

2.5 minutes

### WEEK 5 Over half way!



### WEEK 6 A 3 session week

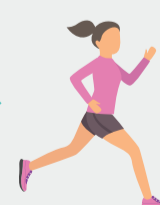


### WEEK 7 Run, don't walk

**SESSIONS FROM NOW ON WILL CONSIST OF RUNNING WITHOUT WALKING INTERVALS.**



Start with a brisk **FIVE MINUTE** warm-up walk



25 minutes

### WEEK 8 Remember to pace yourself



Start with a brisk **FIVE MINUTE** warm-up walk



28 minutes

### Week 9 Run Forest Run!



Start with a brisk **FIVE MINUTE** warm-up walk



30 minutes

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