



Couch to 5k Plan 2021

This is a plan for those looking to improve their fitness, new runners and those who are after a new challenge.

1. This plan combines time and mileage.
2. Each session has a target mileage which you achieve with a combination of runs and walk recoveries ie. you run, then walk, then run, then walk etc until you have completed the distance.
3. The aim is to run three times a week, though the first week features just two runs to get you settled in. Start each session with a brisk 5-minute walk. That way the run isn't such a shock to the system. It's what the Kenyan athletes do! If it's good enough for them it's good enough for us.
4. Start out slow. Go slower than you think you need to. Too often new runners start out too quickly and are put off by what feels like a life-threatening experience. Running can be hard work but it should also make you feel good.
5. As you progress through the plan the ratio of run to walk changes until you are able to run continuously without having to walk. The walk intervals are only a suggestion. If at any time you feel you can cut one down or even cut it out then feel free to try it. Similarly, if on a particular day you need more walking (maybe you've just tackled a hill) then that is fine too.

The key thing here is that you are following a plan that will gradually wean you off the walking as you progress to continuous running. Don't worry about pace, just do whatever will get you over the distance. If you keep at it in a consistent way, we guarantee that you'll improve and reach that 5K finish line.

6. Run days are followed by rest/recovery days to allow your training to have optimal effect.

7. Please bear in mind this is a basic, generic plan which, as such, may not exactly fit your specific needs. For instance, your level of fitness starting the plan may dictate that your initial target distance can only be half a mile so feel free to tweak! The important thing is to get out there and get moving and don't worry, you'll catch up later on.

Similarly, you might feel you can do more from the outset. That's great too of course, so alter the plan to something that works for you.

8. Enjoy and keep running!

See below for training schedule

Week Starting	Mon	Tues	Wed	Thurs	Fri	Weekend	Miles per Session
Week 1		60 secs running 90 secs walking				60 secs running 90 secs walking	1 mile
Week 2		60 secs running 60 secs walking		60 secs running 60 secs walking		60 secs running 60 secs walking	1 mile
Week 3		90 secs running 60 secs walking		90 secs running 60 secs walking		90 secs running 60 secs walking	1.5 miles
Week 4		90 secs running 30 secs walking		90 secs running 30 secs walking		90 secs running 30 secs walking	1.5 miles
Week 5		2 mins running 30 secs walking		3 mins running 30 secs walking		3 mins running 30 secs walking	1.5 miles
Week 6		3 mins running 20 secs walking		5 mins running 20 secs walking		5 mins running 20 secs walking	2 miles
Week 7		5 mins running 20 secs walking		7 mins running 20 secs walking		7 mins running 20 secs walking	2 miles
Week 8		7 mins running 30 secs walking		10 mins running 30 secs walking		10 mins running 30 secs walking	2 miles
Week 9		10 mins running 10 secs walking		15 mins running 10 secs walking		15 mins running 10 secs walking	2.5 miles
Week 10		Continuous run Nice and easy		Continuous run Nice and easy		Continuous run Nice and easy	2.5 miles
Week 11		Continuous run Steady		Continuous run Steady		Continuous run Steady	3 miles
Week 12		30 min jog/walk		30 min jog/walk		Continuous run	3.1 miles 😊