Couch to 5K 9 week programme

Note: It is important to have a rest day between runs, warm up with stretches and a 5 minute brisk walk before each run. Cool down with a 5 minute walk and stretches at the end.

: 5 mins v 60 secs 90 secs 7 times 60 secs n: 5 mins v eek 1 day 1	Run: Walk: Repeat: Final run:	5 mins walk 90 secs 2 mins 5 times 90 secs 5 mins walk k 2 day 1	Warm up: Run: Walk: Run: Walk: Run: Walk: Run: Cool-down: Repeat week	5 mins walk 90 secs 90 secs 3 mins 3 mins 90 secs 90 secs 3 mins 5 mins walk	Warm up: Run: Walk: Run: Walk: Run: Walk: Run: Cool-down: Repeat week	5 mins walk 3 mins 90 secs 5 mins 2.5 mins 3 mins 90 secs 5 mins 5 mins walk 4 day 1	Warm up: Run: Walk: Run: Walk: Run: Cool-down: Warm up: Run:	5 mins walk 5 mins 3 mins 5 mins 5 mins 5 mins walk 5 mins walk 8 mins
90 secs 7 times 60 secs n: 5 mins v	Walk: Repeat: Final run: valk Cool-down:	2 mins 5 times 90 secs 5 mins walk	Walk: Run: Walk: Run: Walk: Run: Cool-down:	90 secs 3 mins 3 mins 90 secs 90 secs 3 mins 5 mins walk	Walk: Run: Walk: Run: Walk: Run: Cool-down:	90 secs 5 mins 2.5 mins 3 mins 90 secs 5 mins 5 mins walk	Walk: Run: Walk: Run: Cool-down: Warm up: Run:	3 mins 5 mins 5 mins 5 mins walk 5 mins walk 8 mins
90 secs 7 times 60 secs n: 5 mins v	Walk: Repeat: Final run: valk Cool-down:	2 mins 5 times 90 secs 5 mins walk	Walk: Run: Walk: Run: Walk: Run: Cool-down:	90 secs 3 mins 3 mins 90 secs 90 secs 3 mins 5 mins walk	Walk: Run: Walk: Run: Walk: Run: Cool-down:	90 secs 5 mins 2.5 mins 3 mins 90 secs 5 mins 5 mins walk	Walk: Run: Walk: Run: Cool-down: Warm up: Run:	3 mins 5 mins 5 mins 5 mins walk 5 mins walk 8 mins
7 times 60 secs n: 5 mins v	Repeat: Final run: valk Cool-down:	5 times 90 secs 5 mins walk	Run: Walk: Run: Walk: Run: Cool-down:	3 mins 3 mins 90 secs 90 secs 3 mins 5 mins walk	Run: Walk: Run: Walk: Run: Cool-down:	5 mins 2.5 mins 3 mins 90 secs 5 mins 5 mins walk	Run: Walk: Run: Cool-down: Warm up: Run:	5 mins 3 mins 5 mins 5 mins walk 5 mins walk 8 mins
60 secs n: 5 mins v	Final run: valk Cool-down:	90 secs 5 mins walk	Walk: Run: Walk: Run: Cool-down:	3 mins 90 secs 90 secs 3 mins 5 mins walk	Walk: Run: Walk: Run: Cool-down:	2.5 mins 3 mins 90 secs 5 mins 5 mins walk	Walk: Run: Cool-down: Warm up: Run:	3 mins 5 mins 5 mins walk 5 mins walk 8 mins
n: 5 mins v	valk Cool-down:	5 mins walk	Run: Walk: Run: Cool-down:	90 secs 90 secs 3 mins 5 mins walk	Run: Walk: Run: Cool-down:	3 mins 90 secs 5 mins 5 mins walk	Run: Cool-down: Warm up: Run:	5 mins 5 mins walk 5 mins walk 8 mins
n: 5 mins v	valk Cool-down:	5 mins walk	Walk: Run: Cool-down:	90 secs 3 mins 5 mins walk	Walk: Run: Cool-down:	90 secs 5 mins 5 mins walk	Cool-down: Warm up: Run:	5 mins walk 5 mins walk 8 mins
			Run: Cool-down:	3 mins 5 mins walk	Cool-down:	5 mins 5 mins walk	Warm up: Run:	8 mins
eek 1 day 1	Repeat weel	k 2 day 1					Run:	8 mins
eek 1 day 1	Repeat weel	k 2 day 1	Repeat week	3 day 1	Repeat week	4 day 1	Run:	8 mins
							Walk: Run: Cool-down:	5 mins 8 mins 5 mins walk
eek 1 day 1	Repeat weel	k 2 day 1	Repeat week	: 3 day 1	Repeat week 4 day 1		Warm up: Run: Cool-down:	5 mins walk 20 mins 5 mins walk

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Note: It is important to have a rest day between runs, warm up with stretches and a 5 minute brisk walk before each run. Cool down with a 5 minute walk and stretches at the end.

	Week 6		Week 7		Week 8		Week 9		
Day 1	Warm up:	5 mins walk	Warm up:	5 mins walk	Warm up:	5 mins walk	Warm up:	5 mins walk	
	Run: Walk: Run: Walk: Run: Cool-down:	5 mins 3 mins 8 mins 3 mins 5 mins 5 mins walk	Run: Cool-down:	25 mins 5 mins walk	Run: Cool-down:	28 mins 5 mins walk	Run: Cool-down:	30 mins 5 mins walk	Congratulations!! You've completed the Couch to 5k programme.
Day 2	Warm up:5 mins walkRun:10 minsWalk:3 minsRun:10 minsCool-down:5 mins walk		Repeat week 7 day 1		Repeat week 8 day 1		Repeat week 9 day 1		
Day 3	Warm up: Run: Cool-down:	5 mins walk 25 mins 5 mins walk	Repeat week	: 7 day 1	Repeat week	8 day 1	Repeat week 9 day 1 Today is the day!! One last push, you're only 30 minutes away from that finish line.		
Your notes		1							