



Week by week description of 8-week Couch to 5k (3 runs per week)

Week 1 – For your 3 runs in week 1, begin with a brisk 5-minute walk, then alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes.

Week 2 - For your 3 runs in week 2, begin with a brisk 5-minute walk, then 2 repetitions of 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running, and 3 minutes of walking.

Week 3 - For your 3 runs in week 3, begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 5 minutes of running, 2-and-a-half minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking, and 5 minutes of running.

Week 4 - There are 3 different runs this week:

- **Run 1:** a brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 5 minutes of running, 3 minutes of walking, and 5 minutes of running.
- **Run 2:** a brisk 5-minute walk, then 8 minutes of running, 5 minutes of walking, and 8 minutes of running.
- **Run 3:** a brisk 5-minute walk, then 20 minutes of running, with no walking.

Week 5 - There are 3 different runs this week:

- **Run 1:** a brisk 5-minute walk, then 5 minutes of running, 3 minutes of walking, 8 minutes of running, 3 minutes of walking, and 5 minutes of running.
- **Run 2:** a brisk 5-minute walk, then 10 minutes of running, 3 minutes of walking, and 10 minutes of running.
- **Run 3:** a brisk 5-minute walk, then 25 minutes of running, with no walking.

Week 6 - For your 3 runs in week 6, begin with a brisk 5-minute walk, then 25 minutes of running.

Week 7 - For your 3 runs in week 7, begin with a brisk 5-minute walk, then 28 minutes of running.

Week 8 - For your 3 runs in week 8, begin with a brisk 5-minute walk, then 30 minutes of running.

Tips on progression – The program is designed for beginners to gradually build up their running ability so they can eventually run 5km without stopping. The pace of the 8-week running plan has been tried and tested by thousands of new runners. You can, however, repeat any one of the weeks until you feel physically ready to move on to the next week. Structure is important for motivation, so try to allocate specific days of the week for your runs and stick to them. Also, if your goal is to run and walk a 5k or walk a 5k, please adjust the directions accordingly. Consult your coach as necessary.

Rest days- Rest days are critical. Having one between each week's runs will reduce your chance of injury and also make you a stronger, better runner. Resting allows your joints to recover from what is a high-impact exercise, and your running muscles to repair and strengthen.