

The NHS Couch to 5k Programme

This is a 9 week programme where you will build up to running for 30 minutes. For some people this will result in a 5K run, it all depends how quickly you run.

You will do 3 runs a week and should have a rest day in between each of them e.g. run on Mondays, Wednesdays and Fridays.

Week 1

Total time 25 minutes (a mixture of walking and running)

For your 3 runs in week 1, you will begin with a brisk 5-minute walk.

After this, you will alternate 1 minute of running and 1-and-a-half minutes of walking, for a total of 20 minutes.

Week 2

Total time 25 minutes (a mixture of walking and running)

For your 3 runs in week 2, you will begin with a brisk 5-minute walk.

After this, you will alternate 1-and-a-half minutes of running with 2 minutes of walking, for a total of 20 minutes.

Week 3

Total time 23 minutes (a mixture of walking and running)

For your 3 runs in week 3, you will begin with a brisk 5-minute walk.

Then 1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking.

Then do it again:

1-and-a-half minutes of running, 1-and-a-half minutes of walking, 3 minutes of running and 3 minutes of walking.

Week 4

Total time 26.5 minutes (a mixture of walking and running)

For your 3 runs in week 4, you will begin with a brisk 5-minute walk.

Then 3 minutes of running, 1-and-a-half minutes of walking

Then 5 minutes of running, 2-and-a-half minutes of walking

Then 3 minutes of running, 1-and-a-half minutes of walking

Then 5 minutes of running.

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, 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 6

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 7

For your 3 runs in week 7, you will begin with a brisk 5-minute walk, then 25 minutes of running.

Week 8

For your 3 runs in week 8, you will begin with a brisk 5-minute walk, then 28 minutes of running.

Week 9

For your 3 runs in week 9, you will begin with a brisk 5-minute walk, then 30 minutes of running.

Now you might want to think about doing the 5K Parkrun in Cassiobury Park. This takes place on Saturdays at 9am and is free to enter, you just need to register in advance here <https://www.parkrun.org.uk/register/>