

# PLYMSTOCK ROAD RUNNERS

## COUCH TO 5K

	Week 1	Week 2	Week 3	Week 4	Week 5	Week6	Week7	Week8	Week 9
Day 1	5 mins brisk walk to warm up	5 mins brisk walk to warm up	5 mins brisk walk to warm up	5 mins brisk walk to warm up	5 mins brisk walk to warm up	5 mins brisk walk to warm up	5 mins brisk walk to warm up	5 mins brisk walk to warm up	5 mins brisk walk to warm up
	Run 1 mins Walk 90 secs Run 1 mins Walk 90 secs Run 1 mins Walk 90 secs Run 1 mins Walk 90 secs Run 1 mins Walk 90 secs Run 1 mins Walk 90 secs Run 1 mins Walk 90 secs Run 1 Min	Walk 2 mins Run 90 secs Walk 2 mins Run 90 secs Walk 2 mins Run 90 secs Walk 2 mins Run 90 secs Walk 2 mins Run 90 secs	Run 90 secs Walk 90 secs Run 3 mins Walk 3 mins Run 90 secs Walk 90 secs Run 3 mins Walk 3 mins	Run 3 mins Walk 90 secs Run 5 mins Walk 2 1/2 mins Run 5 mins	Run 5 mins Walk 3 mins Run 5 mins Walk 3 mins Run 5 mins	Run 5 mins Walk 3 mins Run 8 mins Walk 3 mins Run 5 mins	Run 25 mins	Run 28 mins	Run 30 mins
	Walk 5 mins to cool down	Walk 5 mins to cool down	Walk 5 mins to cool down	Walk 5 mins to cool down	Walk 5 mins to cool down	Walk 5 mins to cool down	Walk 5 mins to cool down	Walk 5 mins to cool down	Walk 5 mins to cool down
Day 2	Repeat day one	Repeat day one	Repeat day one	Repeat day one	5 mins brisk walk to warm up	5 mins brisk walk to warm up	Repeat day one	Repeat day one	Repeat day one
					Run 8 mins Walk 5 mins Run 8 mins	Run 10 mins Walk 3 mins Run 10 mins			
					Walk 5 mins to cool down	Walk 5 mins to cool down			
Day 3	Repeat day one	Repeat day one	Repeat day one	Repeat day one	5 mins brisk walk to warm up	5 mins brisk walk to warm up	Repeat day one	Repeat day one	<b>5K PARK RUN!</b>
					Run 20 mins	Run 25 mins			
					Walk 5 mins to cool down	Walk 5 mins to cool down			

**Day 1 & 2 will be organised by the club. Day 3 will be an individual session (unless you meet with others) and should be Saturday or Sunday.**

**Remember it is important to have rest days between runs.**