



Six Weeks Beginner Couch to 5k Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Run 1 minute Walk 1 minute X10	Rest	Run 2 minutes Walk 4 minutes X5	Rest	Rest	Run 3 minutes Walk 3 minutes X6
Week 2	Rest	Run 3 minutes Walk 3 minutes X6	Rest	Run 4 minutes Walk 3 minutes X6	Rest	Rest	Run 5 minutes Walk 3 minutes X5
Week 3	Rest	Run 5 minutes Walk 3 minutes X5	Rest	Run 6 minutes Walk 3 minutes X5	Rest	Rest	Run 7 minutes Walk 2 minutes X5
Week 4	Rest	Run 7 minutes Walk 3 minutes X5	Rest	Run 8 minutes Walk 2 minutes X5	Rest	Rest	Run 10 minutes Walk 2 minutes X4
Week 5	Rest	Run 10 minutes Walk 1 minute X4	Rest	Run 12 minutes Walk 1 minutes X3	Rest	Rest	Run 14 minutes Walk 1 minutes X3
Week 6	Rest	5k practise session	Rest	5K practise session	Rest	Rest	5k Race.

Sessions are only a guide and depending on how quick the group runs 5k. Some hill training and sprint sessions are included in the final 2 weeks.

