



Beginner / Novice Couch to 5k Plan

Before you start make sure:

- You have good footwear and the right clothing.
- You have no recent injuries that running may aggravate
- To consult your doctor if you're apprehensive about starting due to health concerns.

Outline: The program will start off with training 3 days a week, this will change to 4 after 8 weeks. The idea of the plan is to slowly progress through it, to allow you to easily go from a sedentary lifestyle to finishing a 5k and beyond. Some will go faster or slower than others and it is acceptable to repeat or skip weeks to find the point in the program that best suits your abilities.

From week 8 onwards there will be a long run added to the program, this should be at least 20 mins and can go to 40 mins. The pace should be slow and easy.

Health Goals: It is recommended that we exercise for 150mins at a moderate intensity each week.

Rest days: On rest days, it is okay to walk or cross-train by going to the gym, doing yoga, Pilates, hiking etc.

Pace: For the beginner program the pace should be easy, you should be able to have a conversation with a friend while running. The Idea is to slowly allow the body to adapt to running while gradually increasing the distance. We can worry about pace later.

Apps: I would recommend the C25K app, which is free on apple and android, It sets out a similar program.

Cool down: this is designed to bring your heart rate back to normal and does so in a gentle and gradual way. Walking easily for 5 mins is an example of this.

Beginner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run/Walk		Run/Walk		Run/Walk		
2	Run/Walk		Run/Walk		Run/Walk		
3	Run/Walk		Run/Walk		Run/Walk		
4	Run/Walk		Run/Walk		Run/Walk		
5	Run/Walk		Run/Walk		Run/Walk		
6	Run/Walk		Run/Walk		Run/Walk		
7	Run/Walk		Run/Walk		Run/Walk		
8	Run/Walk		Run/Walk		Run/Walk		
9	Run/Walk		Run/Walk		Run/Walk	Run	
10	Run/Walk		Run/Walk		Run/Walk	Run	

week	warmup	jog	walk	# repeat	cool down	Total time
1	5mins	1 min	2 min	6	5mins	28 mins
2	5mins	90 sec	2:30mins	5	5mins	30 mins
3	5mins	2mins	2mins	5	5mins	30 mins
4	5mins	3mins	3mins	3	5mins	28 mins
5	5mins	5mins	3 mins	3	5mins	34 mins
6	5mins	8 mins	2mins	2	5mins	30 mins
7	5 mins	12 mins	3mins	2	5mins	40 mins
8	5mins	15 mins	2mins	2	5mins	44 mins
9	5mins	20 mins	0 mins	1	5mins	30 mins
10	5 mins	25 mins	0 mins	1	5mins	35 mins

You are now ready to do your first 5k. Once you have this done you may want to try the novice program.

**For any questions or to schedule a free injury screen please email me:
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