

Couch to 5K

Running programmes are designed with multiple sessions per week in order to see progress.

YOU WILL NEED:

- ♦ TIMER/WATCH/PHONE
- ♦ AN OUTDOOR SPACE/ROUTE

Last lesson, you chose one of the sessions below. For today's lesson, complete the other session.

1

RUN 2 MINS
WALK 4 MINS

REPEAT 5 TIMES

TOTAL 30 MINS



2

RUN 3 MINS
WALK 3 MINS

REPEAT 5 TIMES

TOTAL 30 MINS



Enjoyed this way of training?

Want to achieve the Couch to 5K goal?

Ask your PE teacher for the full My Fitness Goal Programme for a 6 week training programme to follow to reach your goal!

5K to 10K

(Running Development)

When looking to develop your cardiovascular endurance you can use lots of training methods. These methods can be made easier or harder by applying FID (frequency, intensity, duration).

Last lesson you chose a session. If you chose tempo last lesson, complete an interval session this lesson. If you chose interval last lesson, complete a tempo session this lesson.

TEMPO RUNNING

This helps to improve your running pace. Aim to run at a constant speed that feels 'comfortably hard'. This should be about an 8 on the effort scale.

30 mins total:

5 mins warm up (effort level 5)

20 mins tempo running (effort level 8)

5 mins cool down (effort level 3-4)

40 mins total:

4 mins warm up (effort level 5)

15 mins tempo running (effort level 8)

3 mins easy jog (effort level 5)

15 mins tempo running (effort level 8)

3 mins cool down (effort level 3-4)

INTERVAL RUNNING

This helps to improve your cardiovascular fitness and speed. Interval training involves running fast (but not sprinting), over a set distance or time, at an effort level of around 9. Follow each hard interval with an easy one of at least the same length, then repeat.

Easy Level:

30 secs running (effort level 9)

2 mins easy jog (effort level 5)

Repeat x 10

Medium Level:

1 min running (effort level 9)

2 mins easy jog/walk (effort level 5)

Repeat x 10

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