



# Couch to 5K



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

If you can stick to the programme fully—great!  
If you can't, try and complete a minimum of 2 sessions each week.

If the days identified in the session don't suit, run on days that do!

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Run 1 min Walk 1 min Repeat x 10	Rest	Run 2 mins Walk 4 mins Repeat x 5	Rest	Rest	Run 2 mins Walk 4 mins Repeat x 5
2	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Rest	Run 5 mins Walk 3 mins Repeat x 3
3	Rest	Run 7 mins Walk 2 mins Repeat x 3	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
4	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Run 10 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
5	Rest	Run 9 mins Walk 1 min Repeat x 3	Rest	Run 12 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
6	Rest	Run 15 mins Walk 1 min Repeat x 2	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	<b>5K Race!</b>

#### YOU WILL NEED:

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

**This doesn't have to be an actual race! Find yourself a 5K distance, or just run for 5K & see if you can do it without walking or stopping!**



**Enjoyed this training? Want to maintain your running fitness or improve it? Keep up your training at least twice a week with a mixture of interval and continuous training or move onto the 5K to 10K training**

# 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).

### 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)

50 mins total:

5 mins warm up (effort level 5)  
20 mins tempo running (effort level 8)  
5 mins easy jog (effort level 5)  
15 mins tempo running (effort level 8)  
5 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 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/walk (effort level 5)

Medium Level:

1 min running (effort level 9)  
2 mins easy jog/walk (effort level 5)

Hard Level:

30 secs sprinting (effort level 10)  
90 secs easy jog / walk (effort level 5)  
**(repeat x 5)**  
3 mins running (effort level 9)  
4 mins easy jog / walk (effort level 5)  
**(repeat x 2/3)**  
30 secs sprinting (effort level 10)  
90 secs easy jog / walk (effort level 5)  
**(repeat x 2/3)**

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- YOU WILL NEED:**
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  - ◆ AN OUTDOOR SPACE/ROUTE

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	20 mins easy run	20 mins tempo	Rest	30 mins easy run	Rest	3 mile run
2	Rest	20 mins easy run	20 mins interval	Rest	30 mins tempo	Rest	3 mile run
3	Rest	30 mins easy run	30 mins tempo	Rest	30 mins easy run	Rest	5 mile run
4	Rest	30 mins easy run	30 mins interval	Rest	30 mins tempo	Rest	6 mile run
5	Rest	20 mins easy run	30 mins tempo	Rest	30 mins interval	Rest	7 mile run
6	Rest	30 mins easy run	30 mins tempo	Rest	30 mins easy run	Rest	8 mile run
7	Rest	30 mins easy run	30 mins tempo	Rest	40 mins easy run	Rest	5 mile run
8	Rest	30 mins easy run	5k good pace	Rest	5k easy run	Rest	10k run

**Want to maintain your progress?**

*Continue training 2-3 times per week, maintaining a mixture of continuous, tempo and interval training*

*Perhaps set a new goal of beating your 5k/10k time?*

