

Couch to 5km



Week	Run 1	Run 2	Run 3
1	Warm up: 5 min walk Run: 60 secs Walk: 90 secs Repeat: 7 times Run: 60 secs Cool down: 5 min walk	Warm up: 5 min walk Run: 60 secs Walk: 90 secs Repeat: 7 times Run: 60 secs Cool down: 5 min walk	Warm up: 5 min walk Run: 60 secs Walk: 90 secs Repeat: 7 times Run: 60 secs Cool down: 5 min walk
2	Warm up: 5 min walk Run: 90 secs Walk: 2 mins Repeat: 5 times Run: 90 secs Cool down: 5 min walk	Warm up: 5 min walk Run: 90 secs Walk: 2 mins Repeat: 5 times Run: 90 secs Cool down: 5 min walk	Warm up: 5 min walk Run: 90 secs Walk: 2 mins Repeat: 5 times Run: 90 secs Cool down: 5 min walk
3	Warm up: 5 min walk Run: 90 secs Walk: 90 sec Run: 3 mins Walk 3 mins Run: 90 sec Walk: 90 secs Run: 3 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 90 secs Walk: 90 sec Run: 3 mins Walk 3 mins Run: 90 sec Walk: 90 secs Run: 3 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 90 secs Walk: 90 sec Run: 3 mins Walk 3 mins Run: 90 sec Walk: 90 secs Run: 3 mins Cool down: 5 min walk
4	Warm up: 5 min walk Run: 3 mins Walk: 90 sec Run: 5 mins Walk 2.5 mins Run: 3 mins Walk: 90 secs Run: 5 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 3 mins Walk: 90 sec Run: 5 mins Walk 2.5 mins Run: 3 mins Walk: 90 secs Run: 5 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 3 mins Walk: 90 sec Run: 5 mins Walk 2.5 mins Run: 3 mins Walk: 90 secs Run: 5 mins Cool down: 5 min walk

5	Warm up: 5 min walk Run: 5 mins Walk: 3 mins Run: 5 mins Walk 3 mins Run: 5 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 8 mins Walk: 5 mins Run: 8 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 20 mins Cool down: 5 min walk
6	Warm up: 5 min walk Run: 5 mins Walk: 3 mins Run: 8 mins Walk 3 mins Run: 5 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 10 mins Walk: 3 mins Run: 10 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 25 mins Cool down: 5 min walk
7	Warm up: 5 min walk Run: 25 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 25 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 25 mins Cool down: 5 min walk
8	Warm up: 5 min walk Run: 28 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 28 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 28 mins Cool down: 5 min walk
9	Warm up: 5 min walk Run: 30 mins Cool down: 5 min walk	Warm up: 5 min walk Run: 30 mins Cool down: 5 min walk	5 KM

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