



10 WEEK RUNNING 'COUCH TO 5K YOUR WAY'

This brilliant programme has been created with the help of Carolyn Garritt, our wonderful Southwark 5k Your Way ambassador and Cancer Rehab Instructor.

This plan works well for both beginners and improvers, and is based on three days of running per week, with a rest day between each.

■ Week 1:
5 minute warm up walk. Then run 60 seconds, walk 60 seconds x 10.
5 minute cool down walk.

■ Week 2:
5 minute warm up walk. Then run 90 seconds, walk 60 seconds x 9.
5 minute cool down walk.

■ Week 3:
5 minute warm up walk. Then run 2 minutes, walk 1 minute x 9.
5 minute cool down walk.

■ Week 4:
5 minute warm up walk. Then run 2.5 minutes, walk 1 minute x 9.
5 minute cool down walk.

■ Week 5:
5 minute warm up walk. Then run 3 minutes, walk 1 minute x 8.
5 minute cool down walk.



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- Week 6:
5 minute warm up walk. Then run 3.5 minutes, walk 1 minute x 7.
5 minute cool down walk.
- Week 7:
5 minute warm up walk. Then run 4 minutes, walk 1 minute x 7.
5 minute cool down walk.
- Week 8:
5 minute warm up walk. Then run 4.5 minutes, walk 1 minute x 6.
5 minute cool down walk.
- Week 9:
5 minute warm up walk. Then run 5 minutes, walk 1 minute x 5.
5 minute cool down walk.
- Week 10: You've done it!!
5 minute warm up walk. Then run 5.5 minutes, walk 1 minute x 5.
5 minute cool down walk.

And then.. a 5k run!

5k completely your way, whether you try to run the whole thing, or do it taking a short walk break every km, or try for a PB. Simply aim to finish smiling!