



BRIDGING THE GAP TO JOINING MOJO!

FREE TO DOWNLOAD COUCH TO 5K PLAN - 12 WEEK PLAN

- Before every run walk briskly for 5 mins to raise your heart rate and perform some dynamic stretches (separate download) to prepare your body for moving.
- Please wear appropriate clothing and footwear.
- Ensure you are correctly fueled and hydrated before running, carry water if needed.
- If necessary, check with your GP before starting this plan.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week1	1min run followed by 1.5min walk for 20mins	Rest or strength training	1.5min run followed by 2min walk for 20mins	Rest or strength training	2min run followed by 3min walk for 20mins	Rest	Rest
Week2	2min running followed by 2mins walk for 20mins	Rest or strength training	2.5min running followed by 2mins walk for 20mins	Rest or strength training	6mins running followed by 5mins walking x 2	Rest	Rest
Week3	2.5mins running followed by 2mins walk for 20mins	Rest or strength training	3mins running followed by 2mins walk for 20mins	Rest or strength training	8mins running followed by 4mins walking x 2	Rest	Rest
Week4	3mins running followed	Rest or strength training	3.5mins running followed by	Rest or strength training	10mins running followed	Rest	Rest

	by 2mins walk for 20mins		2mins walk for 25mins		by 4mins walking x 2		
Week5	5mins running followed by 3mins walk x 3	Rest or strength training	6mins running followed by 4mins walk x 3	Rest or strength training	12mins running followed by 4mins walking x 2	Rest	Rest
Week6	7mins run followed by 4mins walking x 3	Rest or strength training	7mins run followed by 3mins walking x 3	Rest or strength training	15mins running followed by 4mins walking x 2	Rest	Rest
Week7	8mins run followed by 3mins walking x 3	Rest or strength training	8mins run followed by 2mins walking x 3	Rest or strength training	18mins running followed by 5mins walking x 2	Rest	Rest
Week8	10mins running followed by 2.5mins walking x 3	Rest or strength training	10mins running followed by 2mins walking x 3	Rest or strength training	20mins running	Rest	Rest
Week9	15mins running followed by 3.5mins walking followed by 10mins running	Rest or strength training	15mins running followed by 3mins walking followed by 10mins running	Rest or strength training	25mins running	Rest	Rest
Week10	15mins running followed by 3mins walking followed by 10mins running	Rest or strength training	15mins running followed by 3mins walking followed by 15mins running	Rest or strength training	25mins running	Rest	Rest

Week11	20mins running followed by 3.5mins walking followed by 10mins running	Rest or strength training	20mins running followed by 2mins walking followed by 10mins running	Rest or strength training	30mins running	Rest	Rest
Week12	25mins running followed by 3mins walking followed by 10mins running	Rest or strength training	25mins running followed by 2mins walking followed by 10mins running	Rest or strength training	30mins running	Rest	RUN 5K!