

## Littledown Harriers Couch 2 5K

The 2022 Littledown Harriers Couch 2 5K follows the NHS Live Well Couch 2 5K programme. The clubs coaching team will lead the sessions marked in **orange** every Tuesday and there are two further sessions for you to complete in your own time.

By using the NHS programme it means the sessions you need to complete on your own (or with a buddy) can be easily followed using the podcast which you can download at <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

The focus of these sessions is for everyone at whatever level to have fun and build your running time towards 5K - no previous running experience or knowledge is required (not even a little bit!) just turn up in some trainers and sports kit ready to join in!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	28-Feb	01-Mar	02-Mar	03-Mar	04-Mar	05-Mar	06-Mar
Week 1		warm up 1 min run 1.5 min walk (as required) x5 cool down		warm up 10-20 min walk cool down		warm up 1 min run 1.5 min walk (as required) x5 cool down	
1	Week 1 is all about introductions - introducing the coaches and getting to know each other and generally having some fun together. Importantly we will also be getting a feel for movement - we'll be staying close to the Littledown Centre where we will warm up and practice run/walk strategies which will help build a solid running foundation as we progress.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07-Mar	08-Mar	09-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Week 2		warm up 1 min run 1.5 min walk x8 cool down		warm up 1 min run 1.5 min walk x8 cool down		warm up 1 min run 1.5 min walk x8 cool down	
2	The aim in week 2 is to prepare your body for running, getting your joints and muscles used to the movements involved. Remember this is week 1 of the NHS Couch 2 5K app! You may find after one minute that you feel the urge to run for longer but resist the temptation! Think about when you fit your runs into your weekly schedule so that they become positive habits in your week.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
Week 3		warm up 1.5 min run 2 min walk x6 cool down		warm up 1.5 min run 2 min walk x6 cool down		warm up 1.5 min run 2 min walk x6 cool down	
3	In week 3 we continue to build a solid base in readiness for future weeks. Focus on running at a slow speed so that you get used to running comfortably for the extended period of time this week. Enjoy the process and remember we are building the foundations for longer runs and to allow you to enjoy many years of running.						

	Monday 21-Mar	Tuesday 22-Mar	Wednesday 23-Mar	Thursday 24-Mar	Friday 25-Mar	Saturday 26-Mar	Sunday 27-Mar
W e e k		warm up 1.5 min run 1.5 min walk 3 min run 3 min walk x2 cool down		warm up 1.5 min run 1.5 min walk 3 min run 3 min walk x2 cool down		warm up 1.5 min run 1.5 min walk 3 min run 3 min walk x2 cool down	
4	<p>In week 4 we are extending our running intervals from 90 seconds up to 3 minutes so that you get used to a longer running period. Whilst still building a solid base you will be starting to get used to the extended time on your feet and running for longer. Remember to keep enjoying it, its easier to run with a smile on your face... honest!</p>						

	Monday 28-Mar	Tuesday 29-Mar	Wednesday 30-Mar	Thursday 31-Mar	Friday 01-Apr	Saturday 02-Apr	Sunday 03-Apr
W e e k		warm up 3 min run 1.5 min walk 5 min run 2.5 min walk 3 min run 1.5 min walk 5 min run cool down		warm up 3 min run 1.5 min walk 5 min run 2.5 min walk 3 min run 1.5 min walk 5 min run cool down		warm up 3 min run 1.5 min walk 5 min run 2.5 min walk 3 min run 1.5 min walk 5 min run cool down	
5	<p>You are halfway there and doing great, well done on reaching week 5! Continue to focus on making time for your running sessions and building that positive habit. You might even have a bit of tiredness in your muscles by now but that is just your body getting used to the new routine - be sure to have a couple of rest days and don't try and run too fast.</p>						

	Monday 04-Apr	Tuesday 05-Apr	Wednesday 06-Apr	Thursday 07-Apr	Friday 08-Apr	Saturday 09-Apr	Sunday 10-Apr
W e e k		warm up 5 min run 3 min walk x3 cool down		warm up 8 min run 5 min walk x2 cool down		warm up 20 min run (aim for non-stop) cool down	
6	<p>You're over halfway now and week 6 is an exciting week - on Saturday you will be running for 20 minutes non-stop! This is a huge milestone in your C25K effort as just 6 weeks ago your longest running interval was 60 seconds. You've built some solid foundations and got your body used to moving regularly, you're all set to do this!</p> <p>Importantly, take it steady - achieving 20 minutes steady running is exactly that, it isn't a race,</p>						

	Monday 11-Apr	Tuesday 12-Apr	Wednesday 13-Apr	Thursday 14-Apr	Friday 15-Apr	Saturday 16-Apr	Sunday 17-Apr
W e e k		warm up 5 min run 3 min walk 8 min run 3 min walk 5 min run cool down		warm up 10 min run 3 min walk x2 cool down		warm up 25 min run (aim for non- stop) cool down	
7	The end is in sight, it's a good idea now to register for parkrun and get a barcode if you haven't already! Stick your barcode on the wall and remember what you are aiming for. This weekend is your longest non-stop run so take it steady, warm up before you do it and enjoy the time away from home and having a nice run.						

	Monday 18-Apr	Tuesday 19-Apr	Wednesday 20-Apr	Thursday 21-Apr	Friday 22-Apr	Saturday 23-Apr	Sunday 24-Apr
W e e k		warm up 25 min run cool down		warm up 25 min run cool down		warm up 25 min run cool down	
8	From now on, the plan gets you used to running for solid blocks of time, without the distraction of walking intervals. This means you just focus on running at a steady and consistent pace. A good measure of running at a comfortable pace is if you can still hold some conversation with a partner, if you are out of breath or can't speak then you might want to ease off so that you can complete the session without stopping.						

	Monday 25-Apr	Tuesday 26-Apr	Wednesday 27-Apr	Thursday 28-Apr	Friday 29-Apr	Saturday 30-Apr	Sunday 01-May
W e e k		warm up 28 min run cool down		warm up 28 min run cool down		warm up 28 min run cool down	
9	You might be starting to get comfortable with the longer runs but you still need to concentrate on completing the 28 minutes without going too fast. In just a few days time you'll be running your very first parkrun so these final few runs will get you in a great place for the main event!						

	Monday 02-May	Tuesday 03-May	Wednesday 04-May	Thursday 05-May	Friday 06-May	Saturday 07-May
W e e k		warm up 30 min run cool down		warm up 30 min run cool down		<b>PARKRUN!</b>
10	You've nearly reached the end of your programme and you've made some great progress. This is the week when you can reach your goal and complete parkrun. Well done! Loads of fellow Littledown Harriers will be there to cheer you on and support you on your way, but don't over-think it - just relax and enjoy it, its just another run on your journey!					