

## Littledown Harriers Couch 2 5K - Autumn 2023

The 2022 Littledown Harriers Couch 2 5K follows the NHS Live Well Couch 2 5K programme. The clubs coaching team will lead the sessions 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 18-Sep	Tuesday 19-Sep	Wednesday 20-Sep	Thursday 21-Sep	Friday 22-Sep	Saturday 23-Sep	Sunday 24-Sep
Week 1		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	
1	The aim in week 1 is to meet our coaching team and your fellow runners! We will be going to prepare your body for running, getting your joints and muscles used to the movements involved. 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 25-Sep	Tuesday 26-Sep	Wednesday 27-Sep	Thursday 28-Sep	Friday 29-Sep	Saturday 30-Sep	Sunday 01-Oct
Week 2		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	
2	In week 2 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 02-Oct	Tuesday 03-Oct	Wednesday 04-Oct	Thursday 05-Oct	Friday 06-Oct	Saturday 07-Oct	Sunday 08-Oct
Week 3		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	
3	In week 3 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... honest!						

	Monday 09-Oct	Tuesday 10-Oct	Wednesday 11-Oct	Thursday 12-Oct	Friday 13-Oct	Saturday 14-Oct	Sunday 15-Oct
W e e k  4		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	
	<p>You are doing great, well done on reaching week 4! Continue to focus on making time for your running sessions and building that positive habit. You might 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 16-Oct	Tuesday 17-Oct	Wednesday 18-Oct	Thursday 19-Oct	Friday 20-Oct	Saturday 21-Oct	Sunday 22-Oct
W e e k  5		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	
	<p>You're past halfway now and week 5 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 5 weeks ago your longest running interval was 60 seconds. You've built some solid foundations and got your body used to moving regularly, you can do this! Importantly, take it steady - achieving 20 minutes steady running is exactly that, it isn't a race, there is no distance, just keep moving for 20 minutes.</p>						

	Monday 23-Oct	Tuesday 24-Oct	Wednesday 25-Oct	Thursday 26-Oct	Friday 27-Oct	Saturday 28-Oct	Sunday 29-Oct
W e e k  6		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	
	<p>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.</p>						

	Monday 30-Oct	Tuesday 31-Oct	Wednesday 01-Nov	Thursday 02-Nov	Friday 03-Nov	Saturday 04-Nov	Sunday 05-Nov
Week 7		warm up 25 min run cool down		warm up 25 min run cool down		warm up 25 min run cool down	
	<p>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.</p>						

	Monday 06-Nov	Tuesday 07-Nov	Wednesday 08-Nov	Thursday 09-Nov	Friday 10-Nov	Saturday 11-Nov	Sunday 12-Nov
Week 8		warm up 28 min run cool down		warm up 28 min run cool down		warm up 28 min run cool down	
	<p>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!</p>						

	Monday 13-Nov	Tuesday 14-Nov	Wednesday 15-Nov	Thursday 16-Nov	Friday 17-Nov	Saturday 18-Nov	Sunday 19-Nov
Week 9		warm up 30 min run cool down		warm up 30 min run cool down		<b>PARKRUN!</b>	Relax!
	<p>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!</p>						