

Littledown Harriers Couch 2 5K - Spring 2024 (10 weeks)

The 2024 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 11-Mar	Tuesday 12-Mar	Wednesday 13-Mar	Thursday 14-Mar	Friday 15-Mar	Saturday 16-Mar	Sunday 17-Mar
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 trying 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 18-Mar	Tuesday 19-Mar	Wednesday 20-Mar	Thursday 21-Mar	Friday 22-Mar	Saturday 23-Mar	Sunday 24-Mar
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 25-Mar	Tuesday 26-Mar	Wednesday 27-Mar	Thursday 28-Mar	Friday 29-Mar	Saturday 30-Mar	Sunday 31-Mar
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	Easter Sunday
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, it's easier to run with a smile... honest!						

	Monday 01-Apr	Tuesday 02-Apr	Wednesday 03-Apr	Thursday 04-Apr	Friday 05-Apr	Saturday 06-Apr	Sunday 07-Apr
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	

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.

	Monday 08-Apr	Tuesday 09-Apr	Wednesday 10-Apr	Thursday 11-Apr	Friday 12-Apr	Saturday 13-Apr	Sunday 14-Apr
W e e k 4 R E P		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	

In this re-run of week 4 we are ensuring no one gets left behind over the Easter break.

Those who can make both weeks will also benefit from stabilising their progress at this stage and build confidence as a repeated week becomes more comfortable!

	Monday 15-Apr	Tuesday 16-Apr	Wednesday 17-Apr	Thursday 18-Apr	Friday 19-Apr	Saturday 20-Apr	Sunday 21-Apr
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	

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.

	Monday 22-Apr	Tuesday 23-Apr	Wednesday 24-Apr	Thursday 25-Apr	Friday 26-Apr	Saturday 27-Apr	Sunday 28-Apr
Week 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 29-Apr	Tuesday 30-Apr	Wednesday 01-May	Thursday 02-May	Friday 03-May	Saturday 04-May	Sunday 05-May
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-May	Tuesday 07-May	Wednesday 08-May	Thursday 09-May	Friday 10-May	Saturday 11-May	Sunday 12-May
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-May	Tuesday 14-May	Wednesday 15-May	Thursday 16-May	Friday 17-May	Saturday 18-May	Sunday 19-May
Week 9		warm up 30 min run cool down		warm up 30 min run cool down		PARKRUN!	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>						