

Littledown Harriers Couch 2 5K - Autumn 2024

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 16-Sep	Tuesday 17-Sep	Wednesday 18-Sep	Thursday 19-Sep	Friday 20-Sep	Saturday 21-Sep	Sunday 22-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 23-Sep	Tuesday 24-Sep	Wednesday 25-Sep	Thursday 26-Sep	Friday 27-Sep	Saturday 28-Sep	Sunday 29-Sep
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 30-Sep	Tuesday 01-Oct	Wednesday 02-Oct	Thursday 03-Oct	Friday 04-Oct	Saturday 05-Oct	Sunday 06-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 07-Oct	Tuesday 08-Oct	Wednesday 09-Oct	Thursday 10-Oct	Friday 11-Oct	Saturday 12-Oct	Sunday 13-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 14-Oct	Tuesday 15-Oct	Wednesday 16-Oct	Thursday 17-Oct	Friday 18-Oct	Saturday 19-Oct	Sunday 20-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 21-Oct	Tuesday 22-Oct	Wednesday 23-Oct	Thursday 24-Oct	Friday 25-Oct	Saturday 26-Oct	Sunday 27-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 28-Oct	Tuesday 29-Oct	Wednesday 30-Oct	Thursday 31-Oct	Friday 01-Nov	Saturday 02-Nov	Sunday 03-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 04-Nov	Tuesday 05-Nov	Wednesday 06-Nov	Thursday 07-Nov	Friday 08-Nov	Saturday 09-Nov	Sunday 10-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 11-Nov	Tuesday 12-Nov	Wednesday 13-Nov	Thursday 14-Nov	Friday 15-Nov	Saturday 16-Nov	Sunday 17-Nov
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 overthink it - just relax and enjoy it, its just another run on your journey!</p>						