

Littledown Harriers Couch 2 5K - New Year (Spring) 2025 (9 weeks)

The 2025 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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
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 begin 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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	01-Feb	02-Feb
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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	03-Feb	04-Feb	05-Feb	06-Feb	07-Feb	08-Feb	09-Feb
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 10-Feb	Tuesday 11-Feb	Wednesday 12-Feb	Thursday 13-Feb	Friday 14-Feb	Saturday 15-Feb	Sunday 16-Feb
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 17-Feb	Tuesday 18-Feb	Wednesday 19-Feb	Thursday 20-Feb	Friday 21-Feb	Saturday 22-Feb	Sunday 23-Feb
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 24-Feb	Tuesday 25-Feb	Wednesday 26-Feb	Thursday 27-Feb	Friday 28-Feb	Saturday 01-Mar	Sunday 02-Mar
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 03-Mar	Tuesday 04-Mar	Wednesday 05-Mar	Thursday 06-Mar	Friday 07-Mar	Saturday 08-Mar	Sunday 09-Mar
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	
7	<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 10-Mar	Tuesday 11-Mar	Wednesday 12-Mar	Thursday 13-Mar	Friday 14-Mar	Saturday 15-Mar	Sunday 16-Mar
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	
8	<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 17-Mar	Tuesday 18-Mar	Wednesday 19-Mar	Thursday 20-Mar	Friday 21-Mar	Saturday 22-Mar	Sunday 23-Mar
W e e k		warm up 30 min run cool down		warm up 30 min run cool down		PARKRUN!	Relax!
9	<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>						