

# COUCH TO 5K For Runners

## Life Proof - 12 week plan



WEEK	Session 1	Session 2	Optional	Coach Notes
1	5 mins walk warm up Repeat x 8: 30 seconds run 1 min walk <input checked="" type="checkbox"/>	Get Out The Door! 15 min walk with at least 2 x 30 seconds run. <input checked="" type="checkbox"/>	Easy swim, cycle or walk 20-30 mins <input checked="" type="checkbox"/>	Well done for taking on this challenge. Everyone has to start somewhere!
2	5 mins walk warm up Repeat x 10: 1 min run 1 min walk <input checked="" type="checkbox"/>	Get your kit on. 20 min walk with at least 3 x 30 seconds run <input checked="" type="checkbox"/>	Easy swim, cycle or walk 20-30 mins <input checked="" type="checkbox"/>	Start building that habit! Find the days/times that work best for you.
3	5 mins walk warm up Repeat x 6: 2 min run 2 min walk <input checked="" type="checkbox"/>	Find a gentle hill Repeat x 4: Walk 2 mins uphill Run 30 secs uphill <input checked="" type="checkbox"/>	Easy swim, cycle or walk 20-30 mins <input checked="" type="checkbox"/>	You got this! If motivation is low, just focus on getting out the door first.
4	5 mins walk warm up Repeat x 5: 3 min run 2 min walk <input checked="" type="checkbox"/>	10 mins walk warm up Repeat x 4: 1 min faster running 2-3 min walk <input checked="" type="checkbox"/>	Easy swim, cycle or walk 20-30 mins <input checked="" type="checkbox"/>	How are you feeling? Remember to rest when you need to.
5	5 mins walk warm up Repeat x 3: 5 min run 2 min walk <input checked="" type="checkbox"/>	5 mins walk warm up Repeat x 2: 5 min run 1 min walk <input checked="" type="checkbox"/>	Easy swim, cycle or walk 20-30 mins <input checked="" type="checkbox"/>	You are making great progress! Keep it up!
6	5 min walk warm up Repeat x 2: 8 min run 2 min walk <input checked="" type="checkbox"/>	Find a gentle hill Repeat x 3: Walk 2 min uphill Run 2 min uphill <input checked="" type="checkbox"/>	Easy swim, cycle or walk 30-45 mins <input checked="" type="checkbox"/>	Half Way Through! Well done on getting this far.

- Running shoes and clothes: prioritise items that fit and are comfortable. You can invest in fancy stuff later.
- Run with friends or listen to music or podcasts to help with motivation.

- Want to track your runs? Consider signing up to STRAVA to see your progress.
- Remember that it is about progress NOT perfection. Stay consistent - you will get there.



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7	10 min run 3 min walk 10 min run <input type="checkbox"/>	Repeat x 3: 5 min run 1 min walk <input type="checkbox"/>	Easy swim, cycle or walk 45 mins <input type="checkbox"/>	Over halfway. Stay focused on each session.
8	12 min run 2.5 min walk 12 min run <input type="checkbox"/>	10 min walk warm up 5 min run Repeat x 5: 1 min fast run 1 min walk <input type="checkbox"/>	Easy swim, cycle or walk 45 mins <input type="checkbox"/>	Short, faster periods of running will help improve your speed and running economy
9	14 min run 2 min walk 14 min run <input type="checkbox"/>	10 min run Find a gentle hill Repeat x 5: Run 90 sec uphill Walk back down <input type="checkbox"/>	Easy swim, cycle or walk 45 mins <input type="checkbox"/>	Hill running helps to improve strength and mental resilience. Well done!
10	Repeat x 3: 10 min run 1 min walk <input type="checkbox"/>	25 min progressive run. Start at walk and gently up the pace every 5 mins. Last 5 must be fast <input type="checkbox"/>	Easy swim, cycle or walk 1hr <input type="checkbox"/>	This is a big step up to longer periods of continuous running. Keep going!
11	16 min run 1 min walk 16 min run 30 sec walk 5 min run <input type="checkbox"/>	20+ min run 2 min walk (or less) 10 min run <input type="checkbox"/>	Easy swim, cycle or walk 1hr <input type="checkbox"/>	This might feel like a big jump in run time but you can do it!
12	15 min run 2 min walk Repeat x4: 3 min run 90 sec walk <input type="checkbox"/>	35+ min run <input type="checkbox"/>	Easy swim, cycle or walk 1hr <input type="checkbox"/>	In 35 min you should have run a distance of 5k or more - Well done! Be proud!

- If you want to stretch before your run ensure they are dynamic i.e. moving stretches. Not static.
- Struggling on your own? You can find friendly, local running groups via [runtogether.co.uk](http://runtogether.co.uk).
- Use OS Maps online route planner to plan new routes. Find it at [explore.osmaps.com](http://explore.osmaps.com)
- Going out alone? Take a phone if possible and let friends/family know where you are going in the event of an emergency.



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