

COUCH TO 5K For Walkers

Life Proof - 12 week plan



WEEK	Session 1	Session 2	Session 3	Coach Notes
1	10 min walk <input type="checkbox"/>	10 min walk <input type="checkbox"/>	10 min walk <input type="checkbox"/>	Well done for taking on this challenge. Everyone has to start somewhere!
2	10 min walk <input type="checkbox"/>	10 min brisk walk <input type="checkbox"/>	20 min walk <input type="checkbox"/>	Start building that habit! Find the days/times that work best for you to walk.
3	15 min walk <input type="checkbox"/>	15 min brisk walk <input type="checkbox"/>	20 min walk <input type="checkbox"/>	You got this! If motivation is low, just focus on getting out the door first.
4	20 min walk <input type="checkbox"/>	20 min hilly walk <input type="checkbox"/>	30 min walk <input type="checkbox"/>	Have some free time? Why not add in another 10min walk?
5	20 min walk <input type="checkbox"/>	20 min brisk walk <input type="checkbox"/>	40 min walk <input type="checkbox"/>	You are making great progress! Every session is a step forwards.
6	20 min walk <input type="checkbox"/>	20 min hilly walk <input type="checkbox"/>	40 min walk <input type="checkbox"/>	Half Way Through! Well done on getting this far.

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

- Consider using STRAVA to track your walks and see your progress.
- Remember that it is about progress NOT perfection. Stay consistent - you will get there.



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	Session 1	Session 2	Optional	Coach Notes
7	15 min walk <input type="checkbox"/>	20 min hilly walk <input type="checkbox"/>	45 min walk <input type="checkbox"/>	You are over halfway. You are doing great!
8	15 min walk <input type="checkbox"/>	20 min brisk walk <input type="checkbox"/>	45 min walk <input type="checkbox"/>	Brisk walks should get your heart pumping. If it feels easy pick up the pace a little.
9	15 min walk <input type="checkbox"/>	25 min hilly walk <input type="checkbox"/>	50 min walk <input type="checkbox"/>	Remember to ensure you are fuelling yourself for the long walks.
10	15 min walk <input type="checkbox"/>	15 min brisk walk <input type="checkbox"/>	50 min walk <input type="checkbox"/>	Look at how far you have come in 10 weeks. Be proud of yourself.
11	15 min walk <input type="checkbox"/>	15 min hilly walk <input type="checkbox"/>	60 min walk <input type="checkbox"/>	You are so close to your goal! Keep going!
12	15 min walk <input type="checkbox"/>	20 min brisk walk <input type="checkbox"/>	60-70 min walk <input type="checkbox"/>	In 60 mins you should have walked over 5km. Well done!

- Consider taking a rucksack with drink/snacks to keep you fuelled.
- Walking the same route alot? It may seem boring but it could help you to track your improvement over time.

- If you are looking for a new route try OS Maps online route planner at [explore.osmaps.com](https://www.explore.osmaps.com)
- Walking posture is important. Try to focus on staying tall with shoulders relaxed.



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