Couch to 5K

Week 1

Welcome to the Couch to 5K Challenge!

The Couch to 5K Challenge is designed to help you go from a complete beginner to confidently running 5 kilometres (3.1 miles) in just a few weeks.

Whether you're looking to get fitter, boost your mental health, or simply take on a new challenge, this program is the perfect starting point.

This guide is structured to gradually build your stamina, strength, and confidence, combining walking and running intervals that progressively increase in intensity. By the end of the program, you'll be able to run a full 5K without stopping.

NOTES

MONDAY

1 Minute run/ 1 minute walk x 10

TUESDAY

Mobility

WEDNESDAY

90 second run/ 90 second walk x 8

THURSDAY

Mobility

FRIDAY

1.5km continuous

SATURDAY

Rest

SUNDAY

Mobility

Couch to 5K

Week 2

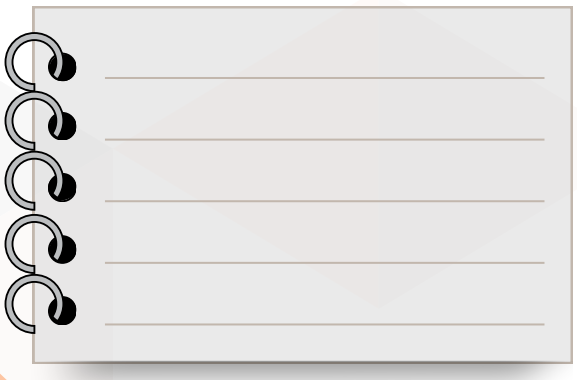
Keep Building Momentum

You're already making progress, and Week 2 is all about building on that foundation. This week, you'll continue to combine walking and running, gradually increasing your endurance and getting your body used to the rhythm of regular exercise.

Tips for Week 2:

- Focus on Form: Keep your shoulders relaxed, arms moving naturally, and your posture upright.
- Breathe Easy: Inhale deeply through your nose and exhale through your mouth, syncing your breath with your steps.
- Stay Consistent

NOTES



MONDAY

2 Minute run/ 90 second walk x 8

TUESDAY

Mobility

WEDNESDAY

90 second run/ 1 minute walk x 10

THURSDAY

Mobility

FRIDAY

2km continuous

SATURDAY

Rest

SUNDAY

Mobility

Couch to 5K
Week 3

Halfway to Success!

You're officially halfway through the Couch to 5K Challenge – well done! By now, your body is adjusting, and you're starting to feel the benefits of consistent training.

Week 3 introduces longer running intervals, but don't worry – you've got this.

Motivation for Week 3:
Celebrate Your Progress: Take a moment to reflect on how much easier running feels compared to Week 1. You're improving with every session!

This week is a turning point – keep pushing, and remember, you're stronger than you think!

NOTES

MONDAY
1 Minute run/ 30 second walk x 15

TUESDAY
Mobility

WEDNESDAY
90 second run/ 30 second walk x 10

THURSDAY
Mobility

FRIDAY
2.5km continuous

SATURDAY
Rest

SUNDAY
Mobility

Couch to 5K
Week 4

Feel the Strength!

By now, you're probably noticing changes – stronger legs, better stamina, and a clearer mind. This is where the magic happens, so let's keep the momentum going!

Tips for Week 4:

- Break it Down: Focus on one interval at a time. Completing each segment is a mini victory that gets you closer to the finish line.
- Mix it Up: If you're running the same route every session, try a new path to keep things fresh and exciting.

You're past the halfway mark, and the finish line is within sight. Keep reminding yourself of how far you've come.

NOTES

MONDAY
3 Minute run/ 1 minute walk x 6

TUESDAY
Mobility

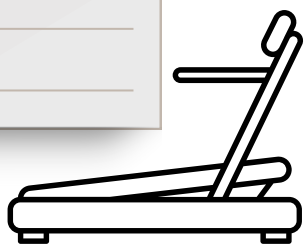
WEDNESDAY
3 minute run/ 90 second walk x 10

THURSDAY
Mobility

FRIDAY
3km continuous

SATURDAY
Rest

SUNDAY
Mobility



Couch to 5K
Week 5

Almost There!

It's Week 5, and the 5K is just around the corner! This is your week to dig deep and prove to yourself just how far you've come.
With longer runs on the way, remember that every challenge you've faced so far has prepared you for this.

Motivation for Week 5:

- Visualize Success: Imagine the pride and accomplishment you'll feel completing the 5k
- Stay Positive: Each run is a win, no matter how it goes. Celebrate your effort, and trust the program to get you to the finish line.

Next week, you'll be celebrating your incredible success!

NOTES

MONDAY
4 Minute run/ 1 minute walk x 6

TUESDAY
Mobility

WEDNESDAY
2 minute run/ 30 second walk x 10

THURSDAY
Mobility

FRIDAY
3.5km continuous

SATURDAY
Rest

SUNDAY
Mobility

Couch to 5K
Week 6

Congratulations. You're on the Final Week!

You've reached the end of the Couch to 5K Challenge, and what a journey it's been! This final week wasn't just about crossing the finish line; it was about putting everything you've worked for into practice and proving to yourself just how far you've come.

This week, you pushed through your longest runs, embraced the challenge, and completed your goal with determination and strength. Every step you took during these final sessions was a celebration of the hard work and commitment you've shown over the past six weeks.

NOTES

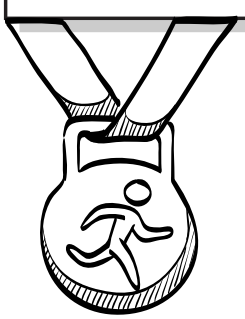
MONDAY
5 Minute run/ 1 minute walk x 5

TUESDAY
Mobility

WEDNESDAY
90 second run/ 90 second walk x 8

THURSDAY
Mobility

FRIDAY
5km DAY

SATURDAY
5km DAY

SUNDAY
5km DAY