



**COUCH TO RUNNER**

# **COUCH TO 5K TRAINING PLAN**

**[WWW.COUCHTORUNNER.CO.UK](http://WWW.COUCHTORUNNER.CO.UK)**



# **COUCH TO 5K**

## **DISCLAIMER**

**The information provided on CouchToRunner.co.uk (including training plans, tips, and guides) is for educational and informational purposes only**

**Always consult a doctor or qualified healthcare professional before starting any new exercise program, especially if you have any existing medical conditions, injuries, or concerns**

**Couch to 5K and other training plans are general fitness guides and may not be suitable for everyone**

**Listen to your body: if you experience pain, dizziness, or shortness of breath, stop immediately and seek medical advice.**

**CouchToRunner.co.uk and its authors are not responsible for any injuries, health problems, or damages that may result from following the content on this website**

**By using this website and following any of the training plans provided, you agree to take full responsibility for your health, safety, and results.**



# COUCH TO 5K

## TIPS FOR SUCCESS

### Go at your own pace

It's not a race, it's about building a foundation; just getting out there and running is the win

### Repeat a week if needed

There's no shame in having to repeat a week

### Don't compare yourself

A mile is a mile, regardless of pace - you're lapping everyone on the couch!

### Invest in shoes

Running is primarily a cheap hobby (until you get hooked), but I would recommend investing in proper running shoes to minimise the risk of injuries

### Warm-up & cool down

Get into the habit of warming up and cooling down with a brisk walk 5 minutes before/after

### Listen to your body

Rest if pain goes beyond soreness; it's better to miss a run or two than be out for weeks or months



# COUCH TO 5K

## FOUNDATION - WEEK 1

### Run 1

Run 30 sec, walk 90 sec × 6–8 rounds  
(15–20 mins total)

Completed: ☐

Evaluation:

### Run 2

Run 30 sec, walk 90 sec × 6–8 rounds  
(15–20 mins total)

Completed: ☐

Evaluation:

### Run 3

Run 30 sec, walk 90 sec × 6–8 rounds  
(15–20 mins total)

Completed: ☐

Evaluation:

### Notes

This week is about getting your body used to moving.  
Avoid running on consecutive days



# COUCH TO 5K

## FOUNDATION - WEEK 2

### Run 1

Run 45 sec, walk 90 sec × 6–8 rounds  
(15–20 mins total)

Completed: ☐

Evaluation:

### Run 2

Run 45 sec, walk 90 sec × 6–8 rounds  
(15–20 mins total)

Completed: ☐

Evaluation:

### Run 3

Run 45 sec, walk 90 sec × 6–8 rounds  
(15–20 mins total)

Completed: ☐

Evaluation:

### Notes

Now that you are getting into a routine, focus on building your confidence - you are a runner!



# COUCH TO 5K

## FOUNDATION - WEEK 3

### Run 1

Run 60 sec, walk 90 sec × 6–8 rounds  
(20 mins total)

Completed: ☐

Evaluation:

### Run 2

Run 60 sec, walk 90 sec × 6–8 rounds  
(20 mins total)

Completed: ☐

Evaluation:

### Run 3

Run 60 sec, walk 90 sec × 6–8 rounds  
(20 mins total)

Completed: ☐

Evaluation:

### Notes

This week is about preparing to  
transition to the main phase of the plan



# COUCH TO 5K

## WEEK 1

### Run 1

Run 60 sec, walk 90 sec × 8 rounds  
(20 mins total)

Completed: ☐

Evaluation:

### Run 2

Run 60 sec, walk 90 sec × 8 rounds  
(20 mins total)

Completed: ☐

Evaluation:

### Run 3

Run 60 sec, walk 90 sec × 8 rounds  
(20 mins total)

Completed: ☐

Evaluation:

### Notes

Just get moving, try to keep it to an easy effort  
even if it feels slower than walking



# COUCH TO 5K

## WEEK 2

### Run 1

Run 90 sec, walk 2 min × 6 rounds  
(21 mins total)

Completed: ☐

Evaluation:

### Run 2

Run 90 sec, walk 2 min × 6 rounds  
(21 mins total)

Completed: ☐

Evaluation:

### Run 3

Run 90 sec, walk 2 min × 6 rounds  
(21 mins total)

Completed: ☐

Evaluation:

### Notes

Focus on keeping your breathing steady.  
Running parts should be at a conversational pace



# COUCH TO 5K

## WEEK 3

### Run 1

Run 90 sec, walk 90 sec, run 3 min, walk 3 min  $\times$  2 (24 mins total)

Completed: ☐

Evaluation:

### Run 2

Run 90 sec, walk 90 sec, run 3 min, walk 3 min  $\times$  2 (24 mins total)

Completed: ☐

Evaluation:

### Run 3

Run 90 sec, walk 90 sec, run 3 min, walk 3 min  $\times$  2 (24 mins total)

Completed: ☐

Evaluation:

### Notes

This week may look daunting with an increase in running time, just remember to keep it to an easy pace



# COUCH TO 5K

## WEEK 4

### Run 1

Run 3 min, walk 90 sec, run 5 min, walk 2.5 min  $\times$  2 (24 mins total)

Completed: ☐

Evaluation:

### Run 2

Run 3 min, walk 90 sec, run 5 min, walk 2.5 min  $\times$  2 (24 mins total)

Completed: ☐

Evaluation:

### Run 3

Run 3 min, walk 90 sec, run 5 min, walk 2.5 min  $\times$  2 (24 mins total)

Completed: ☐

Evaluation:

### Notes

So we're now onto 5-minute running intervals. Again easy pace. Take this week to reflect on your progress



# COUCH TO 5K

## WEEK 5

### Run 1

Run 5 minutes, walk 3 minutes  $\times$  3  
(24 mins total)

Completed: ☐ Evaluation:

### Run 2

Run 8 minutes, walk 5 minutes,  
run 8 minutes (21 minutes total)

Completed: ☐ Evaluation:

### Run 3

20 minute continuous run

Completed: ☐ Evaluation:

### Notes

Don't be scared by the thought of run number 3; a lot of running is mental - believe you can do it!



# COUCH TO 5K

## WEEK 6

### Run 1

Run 5 minutes, walk 90 sec, run 8 minutes, walk 90 sec, run 5 minutes (21 minutes)

Completed: ☐

Evaluation:

### Run 2

Run 10 minutes, walk 3 minutes, run 10 minutes (23 minutes total)

Completed: ☐

Evaluation:

### Run 3

25 minute continuous run

Completed: ☐

Evaluation:

### Notes

This week builds on longer runs with shorter intervals



# COUCH TO 5K

## WEEK 7

### Run 1

Run 25–28 min continuously

Completed: ☐

Evaluation:

### Run 2

Run 25–28 min continuously

Completed: ☐

Evaluation:

### Run 3

Run 25–28 min continuously

Completed: ☐

Evaluation:

### Notes

Focus on building stamina in preparation for the final week



# COUCH TO 5K

## WEEK 8

### Run 1

Run 30-35 min continuously

Completed: ☐

Evaluation:

### Run 2

Run 30-35 min continuously

Completed: ☐

Evaluation:

### Run 3

Run 30-35 min continuously

Completed: ☐

Evaluation:

### Notes

**CONGRATULATIONS - YOU MADE IT!**

Reflect on your journey and dedication... and maybe find a local Parkrun to participate in!



# COUCH TO 5K

## NOW WHAT?

### **Celebrate**

First things first, celebrate your achievement! Reflect on your journey and be proud of your accomplishment

### **Book an event**

Sign-up for your local Parkrun or find another 5k event that you could join in (who doesn't love a medal?!)

### **Progress to 10k**

If you've got the running bug, you might want to continue on and reach the 10k milestone

### **Increasing mileage**

If you aren't planning to follow another plan but intend to carry on running, keep in mind that it's recommended to increase your mileage by a maximum of 10% each week to reduce the risk of injury

### **Share your story**

If you've completed any type of 0-5k plan, feel free to get in touch and have your story featured on CouchToRunner