



COUCH TO RUNNER

COUCH TO 5K TRAINING PLAN

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.

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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 × 2 (24 mins total)

Completed: ☐

Evaluation:

Run 2

Run 90 sec, walk 90 sec, run 3 min, walk 3 min × 2 (24 mins total)

Completed: ☐

Evaluation:

Run 3

Run 90 sec, walk 90 sec, run 3 min, walk 3 min × 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 × 2 (24 mins total)

Completed: ☐

Evaluation:

Run 2

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

Completed: ☐

Evaluation:

Run 3

Run 3 min, walk 90 sec, run 5 min, walk 2.5 min × 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