COUCH TO 5K

Chest Heart & Stroke Scotland

Thank you for running for CHSS and helping us ensure that no life is half lived in Scotland.
You are amazing!

WEEK 1

Warm Up:
5 min walk
Run:
60 seconds
Walk:
90 seconds
Total Time:
20 minutes

3x runs a week

WEEK 2

Warm Up:
5 min walk
Run:
90 seconds
Walk:
2 minutes
Total Time:
20 minutes

3x runs a week

WEEK 3

Warm up:
5 min walk

2x 90sec run & walk

1x 3 min run & walk

3x runs a week

WEEK 4

Warm Up:
5 min walk
3 min - run
90 sec - walk
5min - run
2min 30 sec walk
3min - run
90 sec - walk
5min - run

3x runs a week

WEEK 5

Run 1:	Run 2:	Run 3:
5 min walk	5 min walk	5 min walk
5 min run	8 min run	20 min run
3 min walk	5 min walk	
5 min run	8 min run	NO WALKING
3 min walk		
5 min run		

WEEK 6

Run 1:	Run 2:	Run 3:
5 min walk	5 min wak	5 min walk
5 min run	10 min run	25 min run
3 min walk	3 min walk	
8 min run	10 min run	NO WALKING
3 min walk		
5 min run		

WEEK 7
1x 5 minute walk //1x 25 minute run (3x runs a week)

WEEK 8
1x 5 minute walk // 1x 28 minute run (3x runs a week)
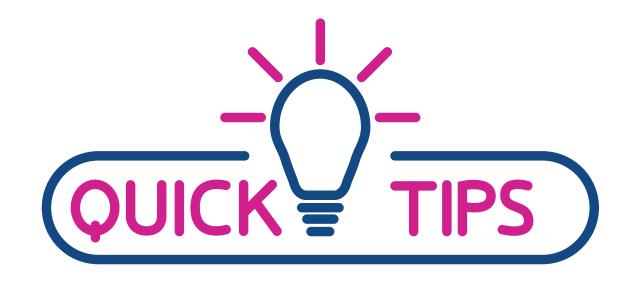
WEEK 9
1x 5 minute walk // 1x 30 minute run (3x runs a week)

It is important to have a rest day in between runs, warm up with stretches and a 5 minute walk before each run. Cool down with a 5 minute walk and stretches at the end.

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QUICK TIPS

- You should try to do three runs per week. For most weeks this will be the same routine for all three runs. In weeks 5 and 6 there are different routines for each day.

- Structure is important for motivation, so try to allocate specific days of the week for your runs, and stick to them.

- Rest days are critical. A rest day in between each run will reduce your chance of injury and also make you a stronger, better runner. Resting allows your joints to recover from what is a high-impact exercise and your running muscles to repair and strengthen.

- Some new runners starting the programme experience calf pain or sore shins (sometimes known as shin splints). Such aches can be caused by running on hard surfaces or by in shoes that do not have enough foot and ankle support. Always do the the five-minute warm-up walks as instructed in the podcasts before each run, and check that your running shoes are offering good support. For more information on preventing and treating injuries, read this page on sports injuries.

- You will have good runs and bad runs. Accept it and don't spend too much time analysing the how and why. Even a bad run is good for you!