



RunTogether

# COUCH TO 5K **RUNNING COURSE**



An initiative by





# move more RunTogether

The aim of this 'Couch to 5K' programme is to get you from not running to being able to complete at least 30 minutes (approx. 4- 5Km) of continuous running or run/walking, in just nine weeks.

If you have never run before and never done any running-based sports, please don't worry! We're here to help and support you! You don't have to be fit and athletic when you start 'Couch to 5K', as long as you have the ability to get outdoors and put one foot in front of the other.

It's important outside of our weekly group sessions that you follow the 'Couch to 5K' running schedule in order to be able to progress and get the most out of the group sessions, and to be able to do this safely. We also recommend you do some regular yoga, stretching or cross training in between scheduled run days - but remember it's also important to have some rest days too!

Please take a look at: [www.movemore.je/running-tips-for-beginners](http://www.movemore.je/running-tips-for-beginners)





# HOW DO I RUN? **TOP TIPS**

## **START SLOW**

You're excited about running and that's great but setting off at high speed may just bring a halt to your session. Start slow and you'll have the energy to finish your run.

## **BREATHING**

Open your chest with some big arm circles before you run then in your warmup practise breathing in for 2, out for 2, to get into a rhythm. Try and maintain this for your session.

## **FEET**

Try and land on your midfoot if you can and directly underneath your hips, rather than out in front of you. Your feet should land beneath your hips. Land softly and then push off.

## **CORRECT POSTURE**

Keep your head upright and face forwards. Imagine a thread running from the top of your head holding you up.

Everyone will have their own unique running style, so experiment with what works for you. It's ok to use a combination of walking, speed walking, jogging and running. Start with walking, speed it up, use your arms to help power you along, then when you feel ready... just let yourself break into a jog!

## **THERE IS NO SHAME IN WALKING!**

## **USE YOUR ARMS**

They help you run more than you think. Try not to let them cross your body and keep your elbows roughly at a 90 degree bend. Think about your hand being level to you shoulder then powering it back to level with your trouser pocket. Socket to pocket!

## **RELAX**

Try to allow your body to relax which will help to reduce the possibility of injury and allow you to enjoy your run more.

## **HAVE A BREAK**

Have a break between running days – ensure you have a day between each of your 3 runs. You could do a yoga, stretch or strength class on these days, but ensure you have at least 1 rest day a week.

Eyes facing forward

Head upright and facing forward

Shoulders square

Slight forward lean or upright

Arms bent at elbow and close to body

Hips level

Feet land under hips

Short steps and fast feet

Land on midfoot rather than heel or toe





## COUCH TO 5K RUN SCHEDULE

		On your own	Move More RunTogether Group Session	On your own
Week 1	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	1 min running   1.5 mins walk (repeat x 8)	1 min running   1.5 mins walk (repeat x 8)	1 min running   1.5 mins walk (repeat x 8)
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch
Week 2	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	1.5 mins running   2 mins walking (repeat x 6)	1.5 mins running   2 mins walking (repeat x 6)	1.5 mins running   2 mins walking (repeat x 6)
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch
Week 3	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	1.5 mins running   1.5 mins walking 3 mins running   3 mins walking (repeat x 2)	1.5 mins running   1.5 mins walking 3 mins running   3 mins walking (repeat x 2)	1.5 mins running   1.5 mins walking 3 mins running   3 mins walking (repeat x 2)
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch
Week 4	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	3 mins running   1.5 mins walking 5 mins running   2.5 mins walking 3 mins running   1.5 mins walking 5 mins running	3 mins running   1.5 mins walking 5 mins running   2.5 mins walking 3 mins running   1.5 mins walking 5 mins running	3 mins running   1.5 mins walking 5 mins running   2.5 mins walking 3 mins running   1.5 mins walking 5 mins running
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch



		On your own	Move More RunTogether Group Session	On your own
Week 5	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	8 mins running   5 mins walk   8 mins running	20 mins running (If you need to walk for a bit that's fine)	8 mins running   5 mins walk   8 mins running
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch
Week 6	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	10 mins running   3 mins walk   10 mins running	25 mins running (If you need to walk for a bit that's fine)	10 mins running   3 mins walk   10 mins running
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch
Week 7	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	25 mins running (If you need to walk for a bit that's fine)	25 mins running (If you need to walk for a bit that's fine)	25 mins running (If you need to walk for a bit that's fine)
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch
Week 8	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session	28 mins running   2 mins walk   5 mins running	28 mins running (If you need to walk for a bit that's fine)	28 mins running   2 mins walk   8 mins running
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch
WEEK 9	Warm up	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises	5 mins brisk walk   5 mins warm up exercises
	Main Session You have 3 attempts to try and run for 30 mins	30 mins running (Break the run into chunks if need be - If you need to walk for a bit that's fine)	30 mins running (Break the run into chunks if need be - If you need to walk for a bit that's fine)	30 mins running (Break the run into chunks if need be - If you need to walk for a bit that's fine)
	Cool down	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch	5 mins walk   5 - 10 mins stretch

**YOU MADE IT, GREAT WORK!**

If you want to listen to a podcast to help on your non-group runs, here are some which may be helpful:

NHS: Get running with [Couch to 5K](#), or BBC: Make Your Move, Movement - [The Couch to 5K Challenge](#) #MakeYourMove



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## DO YOU WANT TO GET INTO RUNNING? **RUNTOGETHER WITH MOVE MORE JERSEY**

Contact us for more information: [movemore@jerseysport.je](mailto:movemore@jerseysport.je) | 01534 757700 | [www.movemore.je](http://www.movemore.je)

Move with us on Instagram and Facebook: [@movemorejersey](https://www.instagram.com/movemorejersey)

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