

High River Wellness Challenge – New Runners Challenge – Couch to 5km with Paige

Week 1

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 1 minute run, 90 second walk. Repeat a total of 8 times. 5 minute cool down walk.	5 minute brisk warm up walk. 1 minute run, 90 seconds walk. Repeat a total of 8 times. 5 minute cool down walk.	5 minute brisk warm up walk. 1 minute run, 90 seconds walk. Repeat a total of 8 times. 5 minute cool down walk.

Week 2

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 90 second run, 2 minute walk. Repeat a total of 6 times. 5 minute cool down walk.	5 minute brisk warm up walk. 90 second run, 2 minute walk. Repeat a total of 6 times. 5 minute cool down walk.	5 minute brisk warm up walk. 90 second run, 2 minute walk. Repeat a total of 6 times. 5 minute cool down walk.

Week 3

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 90 second run, 90 second walk. 3 minute run, 3 minute walk. Repeat a total of 2 times. 5 minute cool down walk.	5 minute brisk warm up walk. 90 second run, 90 second walk. 3 minute run, 3 minute walk. Repeat a total of 2 times. 5 minute cool down walk.	5 minute brisk warm up walk. 90 second run, 90 second walk. 3 minute run, 3 minute walk. Repeat a total of 2 times. 5 minute cool down walk.

Week 4

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 3 minute run, 90 second walk. 5 minute run, 2 ½ minute walk. 5 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 3 minute run, 90 second walk. 5 minute run, 2 ½ minute walk. 5 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 3 minute run, 90 second walk. 5 minute run, 2 ½ minute walk. 5 minute run. 5 minute cool down walk.

Week 5

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 5 minute run, 3 minute walk. 5 minute run, 3 minute walk. 5 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 8 minute run, 5 minute walk. 8 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 20 minute run. 5 minute cool down walk.

Week 6

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 5 minute run, 3 minute walk. 8 minute run, 3 minute walk. 5 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 10 minute run, 5 minute walk. 10 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 25 minute run. 5 minute cool down walk.

Week 7

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 25 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 25 minute run. 5 minute cool down walk..	5 minute brisk warm up walk. 25 minute run. 5 minute cool down walk.

Week 8

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 28 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 28 minute run. 5 minute cool down walk..	5 minute brisk warm up walk. 28 minute run. 5 minute cool down walk.

Week 9

Run 1	Run 2	Run 3 (Saturday Group Virtual Run)
5 minute brisk warm up walk. 30 minute run. 5 minute cool down walk.	5 minute brisk warm up walk. 30 minute run. 5 minute cool down walk..	5 minute brisk warm up walk. 30 minute run. 5 minute cool down walk.

New Runners tips and tricks

- Repeat a week if you feel you are not physically ready to progress onto the next stage.
- Take rest days in between runs, stretch before and after runs. Other physical activity on rest days will benefit your running.
- Supportive footwear will help you to avoid aches and pains.
- If experiencing discomfort during physical activity stop to avoid injury.

Sources:

<https://www.belfastrunning.com/jogbelfast>

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>