

## Poole Joggers Couch to 5k Programme

Please note – It is important to have a rest day between runs

	<b>Day 1 – Thursday 6.15pm Poole Park Pavilion</b>	<b>Day 2</b>	<b>Day 3</b>
Week 1, starting 11 <sup>th</sup> Jan	Warm up – 5 min brisk walk <b>Alternate 1 min run and 90 sec walk for 20 min</b> Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 2, starting 18 <sup>th</sup> Jan	Warm up – 5 min brisk walk <b>Alternate 90 sec run and 2 min walk for 20 min</b> Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 3, starting 25 <sup>th</sup> Jan	Warm up – 5 min brisk walk <b>Two repetitions of 90 sec run, 90 sec walk, 3 min run, 3 min walk</b> Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 4, starting 1 <sup>st</sup> Feb	Warm up – 5 min brisk walk <b>3 min run, 90 sec walk, 5 min run, 2½ min walk, 3 min run, 90 sec walk, 5 min run</b> Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 5, starting 8 <sup>th</sup> Feb	Warm up – 5 min brisk walk <b>5 min run, 3 min walk, 5 min run, 3 min walk, 5 min run</b> Cool down – 5 min walk	Warm up – 5 min brisk walk <b>8 min run, 5 min walk, 8 min run</b> Cool down – 5 min walk	Warm up – 5 min brisk walk <b>5 min walk, 20 min run</b> Cool down – 5 min walk
Week 6, starting 15 <sup>th</sup> Feb	Warm up – 5 min brisk walk <b>5 min run, 3 min walk, 8 min run, 3 min walk, 5 min run</b> Cool down – 5 min walk	Warm up – 5 min brisk walk <b>10 min run, 3 min walk, 10 min run</b> Cool down – 5 min walk	Warm up – 5 min brisk walk <b>5 min walk, 25 min run</b> Cool down – 5 min walk
Week 7, starting 22 <sup>nd</sup> Feb	Warm up – 5 min brisk walk <b>25 min run</b> Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 8, starting 1 <sup>st</sup> Mar	Warm up – 5 min brisk walk <b>28 min run</b> Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 9, starting 8 <sup>th</sup> Mar	Warm up – 5 min brisk walk <b>30 min run</b> Cool down – 5 min walk	Same as Day 1	Same as Day 1

Saturday 17<sup>th</sup> March, 9:00 am Poole parkrun graduation