

Poole Joggers Couch to 5k Programme, Jan-Mar 2019

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

	Day 1 – Thursday 6.00pm Poole Park Pavilion	Day 2	Day 3
Week 1, starting 3 rd Jan	Warm up – 5 min brisk walk Alternate 1 min run and 90 sec walk for 20 min Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 2, starting 10 th Jan	Warm up – 5 min brisk walk Alternate 90 sec run and 2 min walk for 20 min Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 3, starting 17 th Jan	Warm up – 5 min brisk walk Two repetitions of 90 sec run, 90 sec walk, 3 min run, 3 min walk Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 4, starting 24 th Jan	Warm up – 5 min brisk walk 3 min run, 90 sec walk, 5 min run, 2½ min walk, 3 min run, 90 sec walk, 5 min run Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 5, starting 31 st Jan	Warm up – 5 min brisk walk 5 min run, 3 min walk, 5 min run, 3 min walk, 5 min run Cool down – 5 min walk	Warm up – 5 min brisk walk 8 min run, 5 min walk, 8 min run Cool down – 5 min walk	Warm up – 5 min brisk walk 5 min walk, 20 min run Cool down – 5 min walk
Week 6, starting 7 th Feb	Warm up – 5 min brisk walk 5 min run, 3 min walk, 8 min run, 3 min walk, 5 min run Cool down – 5 min walk	Warm up – 5 min brisk walk 10 min run, 3 min walk, 10 min run Cool down – 5 min walk	Warm up – 5 min brisk walk 5 min walk, 25 min run Cool down – 5 min walk
Week 7, starting 21st Feb (skipping a week because of Valentine's Day)	Warm up – 5 min brisk walk 25 min run Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 8, starting 28 th Feb	Warm up – 5 min brisk walk 28 min run Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 9, starting 7 th March	Warm up – 5 min brisk walk 30 min run Cool down – 5 min walk	Same as Day 1	Same as Day 1

Saturday 16th March, 9:00am Poole parkrun graduation