

Poole Joggers Couch to 5k Programme, Jan-Mar 2023

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 26 th 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 2 nd Feb	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 9 th Feb	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 16 th Feb	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 23 rd Feb	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 2 nd Mar	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 9 th Mar	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 16 th Mar	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 23 rd Mar	Warm up – 5 min brisk walk 30 min run Cool down – 5 min walk	Same as Day 1	Same as Day 1	
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Saturday 1st April, 9:00am Poole parkrun graduation