

## Poole Joggers Couch to 5k Programme, 2024

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

	<b>Day 1 – Thursday 6.00pm Haymoor, Canford Heath</b>	<b>Day 2</b>	<b>Day 3</b>
Week 1, starting 12 <sup>th</sup> Sept	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	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	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	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	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	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	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	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 7 <sup>th</sup> November	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 16<sup>th</sup> November, 9:00am Poole parkrun graduation