

Poole Joggers Couch to 5k Programme, 2024

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

	Day 1 – Thursday 6.00pm Poole Park Cricket Pavilion	Day 2	Day 3
Week 1, starting 9 th January	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	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	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	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	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	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	Warm up – 5 min brisk walk 25 min run Cool down – 5 min walk	Same as Day 1	Same as Day 1
Week 8	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 6 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 15th March, 9:00am Poole parkrun graduation