

Couch to 5km Program

Your Effort Level				
1	2	3	4	5
Super easy, you could hold this effort for ever and only marginally harder than laying on the couch.	You are moving now, well-controlled, your form is good, and your body temperature elevates slightly.	While you are working now, you can still hold down a conversation. There is no pain in your legs. Sweat time.	Now you're only up for 2-3 word answers, you're blowing harder now, and you could hold this effort for 'about' 15 minutes.	Yikes, now you are blowing. While you can hold this effort for a short time, you are glad to stop.
Day	Session	Time	Effort	Yes, I completed this session
1	Walk – flattish terrain	20	2	
2	Walk – rolling terrain	20	2	
3	Walk – rolling terrain	30	2	
4	Walk:Run	W9:R1 = 10 x 3 = 30	3	
5	Walk – flattish terrain	30	3	
6	Walk:Run	W9:R1 = 10 x 4 = 40	3	
7	Walk – flattish terrain	30	2	
8	Walk – flattish terrain	30	3	
9	Walk – rolling terrain	35	3	
10	Walk:Run	W4:R1 = 5 x 7 = 35	3	
11	Walk:Run	W9:R1 = 10 x 3 = 30	3	
12	Walk – flattish terrain	35	3	
13	Walk:Run	W8.30:R1.30 = 10 x 4 = 40	3	
14	Walk – flattish terrain	40	2	
15	Walk – flattish terrain	30	3	
16	Walk – rolling terrain	45	3	
17	Walk:Run	W4:R1 = 5 x 7 = 35	3	
18	Walk:Run	W9:R1 = 10 x 4 = 40	3	
19	Walk – flattish terrain	35	3	
20	Walk:Run	W3.30:R1.30 = 5 x 10 = 50	3	
21	Walk – flattish terrain	40	2	
22	Walk:Run	W3.30:R1.30 = 5 x 10 = 50	3	
23	Walk – rolling terrain	45	3	
24	Walk:Run	W4:R1 = 5 x 8 = 40	3	
25	Walk:Run	W9:R1 = 10 x 4 = 40	3	
26	Walk – flattish terrain	35	3	
27	Walk:Run	W4:R1 = 5 x 5 = 25	3	
28	5km – in your best time.	Text me your time.	3	Google earth 5kms