



hunt fitness

SOLO RUN CLUB

Couch to 5k Run Schedule

Week 1

3 x Runs

Begin with a 5 min brisk walk

Then complete 1 min of running, 1.5 mins of walking for 20 mins

Week 2

3 x Runs

Begin with a 5 min brisk walk

Then complete 1.5 mins of running, 2 mins of walking for 20 mins

Week 3

3 x Runs

Begin with a 5 min brisk walk

Then complete 2 repetitions of;

1.5 mins of running, 1.5 mins of walking, then 3 mins of running, 3 minutes of walking

Week 4

3 x Runs

Begin with a 5 min brisk walk

Then complete 3 mins of running, 1.5 mins of walking, 5 mins of running, 2.5 mins of walking, 3 mins running, 1.5 mins of walking and then 5 mins of running

Week 5

Run 1

Begin with a 5 min brisk walk

5 mins of running, 3 mins of walking, 5 mins of running, 3 mins of walking, 5 mins of running

Run 2

Begin with a 5 min brisk walk

8 mins of running, 5 mins of walking, 8 mins of running

Run 3

Begin with a 5 min brisk walk

20 mins of running, no walking!



Week 6

Run 1

Begin with a 5 min brisk walk

5 mins of running, 3 mins of walking, 8 mins of running, 3 mins of walking, 5 mins of running

Run 2

Begin with a 5 min brisk walk

10 mins of running, 3 mins of walking, 10 mins of running

Run 3

Begin with a 5 min brisk walk

25 mins of running, no walking!

Week 7

3 x Runs

Begin with a 5 min brisk walk

25 mins of running, no walking! YOU GOT THIS!!

Week 8

3 x Runs

Begin with a 5 min brisk walk

28 mins of running

Week 9

3 x Runs

Begin with a 5 min brisk walk

30 mins of running