

Termoneeny Running Club Couch to 5K running plan

Week	Workout 1 (Coached) Monday 7pm	Work out 2 (Coached) Wednesday 7pm	Workout 3 (Self) Friday or Saturday
1	10 minute warm up, then do eight (8) repetitions of the following <ul style="list-style-type: none"> • 60 seconds of jogging • 90 seconds of walking 	10 minute warm up, then do eight (8) repetitions of the following <ul style="list-style-type: none"> • 60 seconds of jogging • 90 seconds of walking 	10 minute warm up, then do eight (8) repetitions of the following <ul style="list-style-type: none"> • 60 seconds of jogging • 90 seconds of walking
2	10 minute warm up, then do six (6) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 2 minutes of walking 	10 minute warm up, then do six (6) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 2 minutes of walking 	10 minute warm up, then do six (6) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 2 minutes of walking
3	10 minute warm up, then do two (2) repetitions of the following <ul style="list-style-type: none"> • 90 seconds of jogging • 90 seconds of walking • 3 minutes of jogging • 3 minutes of walking 	10 minute warm up, then do two (2) repetitions of the following <ul style="list-style-type: none"> • 90 seconds of jogging • 90 seconds of walking • 3 minutes of jogging • 3 minutes of walking 	10 minute warm up, then do two (2) repetitions of the following <ul style="list-style-type: none"> • 90 seconds of jogging • 90 seconds of walking • 3 minutes of jogging • 3 minutes of walking
4	10 minute warm up, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 ½ minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging 	10 minute warm up, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 ½ minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging 	10 minute warm up, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 ½ minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging
5	10 minute warm up, then do <ul style="list-style-type: none"> • 5 minutes of jogging • 3 minutes of walking • 5 minutes of jogging • 3 minutes of walking • 5 minutes of jogging 	10 minute warm up, then do: <ul style="list-style-type: none"> • 8 minutes of jogging • 5 minutes of walking • 8 minutes of jogging 	10 minute warm up, then do 20 minutes of jogging with no walking.
6	10 minute warm up, then do: <ul style="list-style-type: none"> • 5 minutes of jogging • 3 minutes of walking • 8 minutes of jogging • 3 minutes of walking • 5 minutes of jogging 	10 minute warm up, then do: <ul style="list-style-type: none"> • 10 minutes of jogging • 3 minutes of walking • 10 minutes of jogging 	10 minute warm up, then do 25 minutes of jogging with no walking.
7	10 minute warm up, then do 25 minutes of jogging.	10 minute warm up, then do 25 minutes of jogging.	10 minute warm up, then do 25 minutes of jogging.
8	10 minute warm up, then do 28 minutes of jogging.	10 minute warm up, then do 28 minutes of jogging.	10 minute warm up, then do 28 minutes of jogging.
9	10 minute warm up, then do 30 minutes of jogging.	10 minute warm up, then do 30 minutes of jogging.	The final workout. Congrats!! Enjoy your 5K road run***

***Final 5K run will take place on Sunday 8th May at the Termoneeny Community Centre. Gulladuff @:
1.30pm.