

CHEADLE RUNNING CLUB

Couch to 5K Schedule 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
	10 minutes fast walking (in your trainers)	Rest	Couch to 5k SESSION 1 6pm	Rest	Rest	Fast walk: 5 minutes Run: 60 seconds Walk: 90 seconds Repeat for 20 minutes	Rest
2	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
	Fast walk: 5 minutes Run: 60 seconds Walk: 90 seconds Repeat for 20 minutes	Rest	Couch to 5k SESSION 2 6pm	Rest	Rest	Fast walk: 5 minutes Run: 90 seconds Walk: 2 minutes Repeat for 20 minutes	Rest
3	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
	Fast walk: 5 minutes Run: 90 seconds Walk: 2 minutes Repeat for 20 minutes	Rest	Couch to 5k SESSION 3 6pm	Rest	Rest	Fast walk: 5 minutes Then 2 sets of: - Run: 90 seconds Walk: 90 seconds Run: 3 minutes Walk: 3 minutes	Rest
4	31-Jul	01-Aug	02-Aug	03-Aug	04-Aug	05-Aug	06-Aug
	Fast walk: 5 minutes Then 2 sets of: - Run: 90 seconds Walk: 90 seconds Run: 3 minutes Walk: 3 minutes	Rest	Couch to 5k SESSION 4 6pm	Rest	Rest	Fast walk: 5 minutes Then 2 sets of: - Run: 3 minutes Walk: 90 seconds Run: 5 minutes Walk: 2.5 minutes	Rest
5	07-Aug	08-Aug	09-Aug	10-Aug	11-Aug	12-Aug	13-Aug
	Fast walk: 5 minutes Then 2 sets of: - Run: 3 minutes Walk: 90 seconds Run: 5 minutes Walk: 2.5 minutes	Rest	Couch to 5k SESSION 5 6pm	Rest	Rest	Fast walk: 5 minutes Then 3 sets of: - Run: 5 minutes Walk: 3 minutes	Rest
6	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
	Fast walk: 5 minutes Then 3 sets of: - Run: 5 minutes Walk: 3 minutes	Rest	Couch to 5k SESSION 6 6pm	Rest	Rest	Fast walk: 5 minutes Then 2 sets of: - Run: 10 minutes Walk: 3 minutes	Rest
7	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
	Fast walk: 5 minutes Run: 20 minutes Walk: 3 minutes	Rest	Couch to 5k SESSION 7 6pm	Rest	Rest	Fast walk: 5 minutes Run: 25 minutes Walk: 3 minutes	Rest
8	28-Aug	29-Aug	30-Aug	31-Aug	01-Sep	02-Sep	03-Sep
	Fast walk: 5 minutes Run: 28 minutes Walk: 3 minutes	Rest	Couch to 5k SESSION 8 6pm	Rest	Rest	Fast walk: 5 minutes Run: 30 minutes Walk: 3 minutes	Rest

Meet at South Moorlands Leisure Centre unless otherwise specified

For more details see
www.facebook.com/groups/CheadleRunningClub
or www.cheadlerunningclub.com/