

# MARK'S – COUCH TO 5K – 9 WEEK PLAN

## EACH WEEKS TRAINING TO BE COMPLETED 3 TIMES



### Week 1

Walk 5 mins briskly warm up  
Run 1 min / Walk 90 secs  
Run 1 min / Walk 90 secs  
Run 1 min / Walk 90 secs  
Run 1 min / Walk 90 secs  
Run 1 min / Walk 90 secs  
Run 1 min / Walk 90 secs  
Run 1 min  
Walk 5 mins cool down

### Week 2

Walk 5 mins briskly warm up  
Run 2mins / Walk 90 secs  
Run 2mins / Walk 90 secs  
Run 2mins / Walk 90 secs  
Run 2mins / Walk 90 secs  
Run 2mins / Walk 90 secs  
Walk 5 mins cool down

### Week 3

Walk 5 mins briskly warm up  
Run 90 secs / Walk 90 seconds  
Run 3 mins / Walk 3 mins  
Run 90 secs / Walk 90 secs  
Run 3 mins / Walk 90 secs  
Run 90 secs  
Walk 5 mins cool down

### Week 4

Walk 5 mins briskly warm up  
Run 3 mins / Walk 90 secs  
Run 5 mins / Walk 2.5 mins  
Run 5 mins  
Walk 5 mins cool down

### Week 5

Walk 5 mins briskly warm up  
Run 5 mins / Walk 3mins  
Run 5 mins / Walk 3 mins  
Run 5 mins  
Walk 5 mins cool down

### Week 6

Walk 5 mins briskly warm up  
Run 10 mins / Walk 5 mins  
Run 10 mins  
Walk 5 mins cool down

### Week 7

Walk 5 mins briskly warm up  
Run 8 mins / Walk 3 mins  
Run 8 mins / Walk 3 mins  
Run 8 mins  
Walk 5 mins cool down

### Week 8

Walk 5 mins briskly warm up  
Run 15 mins  
Walk 3 mins  
Run 10 mins  
Walk 5 mins cool down

### Week 9

Walk 5 mins briskly warm up  
Run 30 mins  
Walk 5 mins cool down

Congratulations you should now be able to have a go at 5k!

Please remember to warm up and down and go at a pace that's right for you. It is also important to have a day of rest between runs.

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