

Metros NHS Couch to 5K 2018 – 9 week diary

Week	Tues	Thurs	Sat	Session	Total Session
1	April 23rd	April 25th	April 27th	Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.	25 mins (6 mins)
2	April 30th	May 2nd	May 4th	Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.	27 mins (7.5 mins)
3	May 7 th	May 9 th	May 11 th	Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking.	28 mins (9 mins)
4	May 14 th	May 16 th	May 18 th	Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.	30 mins (16 mins)
5	May 21 st	May 23 rd	May 25 th	There are three different workouts for this week, which are: Workout one: a brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running. Workout two: a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running. Workout three: a brisk five-minute walk, then 20 minutes of running, with no walking.	30 mins (16 mins)
6	May 28 th	May 30 th	June 1 st	There are three different workouts for this week, which are: Workout one: a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running. Workout two: a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running. Workout three: a brisk five-minute walk, then 25 minutes of running with no walking.	30-35 mins
7	June 4 th	June 6 th	June 8 th	Begin with a brisk five-minute walk, then 25 minutes running.	30-35 mins
8	June 11 th	June 13 th	June 15 th	Begin with a brisk five-minute walk, then 28 minutes of running.	30-35 mins
9	June 18 th	June 20 th	June 22nd	Begin with a brisk five-minute walk, then 30 minutes of running. Note: Saturday 22 nd is parkrun	30-35 mins
Tuesdays: 8:15pm from Lowlands tennis club, Lowlands Road, Pinner HA5 1TU			Thursdays: 8pm from pavement beside running track, King's College Road Ruislip HA4 7JZ		Saturdays: 9:15am from Scout Hut, entrance to Roxbourne Park from High Worple, Rayners Lane HA2 9TB