

Metros NHS Couch to 5K 2018 – 9 week diary

	Saturdays 9am 1 st Rayners Lane Scout Hut, Trescoe Gardens, Rayners Lane, Harrow HA2 9TB	Tuesdays 8.15pm Lowlands Tennis Club Lowlands Rd, Pinner HA5 1TU	Thursdays 8pm On pavement beside running track, King's College Road RUISLIP HA4 7JZ
Week 1 April 14 th 17 th 19 th	Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.		
Week 2 April 21 st 24 th 26 th	Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.		
Week 3 April 28 th May 1 st 3 rd	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.		
Week 4 May 5 th 8 th 10 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.		
Week 5 12 th 15 th 17 th	<p>There are three different workouts for this week, which are:</p> <p>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.</p> <p>Workout two: a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.</p> <p>Workout three: a brisk five-minute walk, then 20 minutes of running, with no walking.</p>		
Week 6 May 19 th 22 nd 24 th	<p>There are three different workouts for this week, which are:</p> <p>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.</p> <p>Workout two: a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.</p> <p>Workout three: a brisk five-minute walk, then 25 minutes of running with no walking.</p>		
Week 7 May 26 th 29 th 31 st	Begin with a brisk five-minute walk, then 25 minutes running.		
Week 8 June 2 nd 5 th 7 th	Begin with a brisk five-minute walk, then 28 minutes of running.		
Week 9 June 9 th 12 th 14 th	Begin with a brisk five-minute walk, then 30 minutes of running.		
June 16 th	9am parkrun in Harrow Recreation Ground		