

# COUCH TO 5K



## WEEK 1

### Day 1

Run 1 minutes  
Walk 2 minutes

Repeat 9 times

### Day 2

Run 1 minutes  
Walk 2 minutes

Repeat 9 times

### Day 3

Run 1 minutes  
Walk 2 minutes

Repeat 10 times

Make sure to tag us in your photos/videos with #WeLiveActive so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 2

### Day 1

Run 2 minutes  
Walk 2 minutes

Repeat 7 times

### Day 2

Run 2 minutes  
Walk 2 minutes

Repeat 7 times

### Day 3

Run 2 minutes  
Walk 2 minutes

Repeat 8 times

Make sure to tag us in your photos/videos with **#WeLiveActive** so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 3

### Day 1

Run 3 minutes  
Walk 2 minutes

Repeat 6 times

### Day 2

Run 3 minutes  
Walk 2 minutes

Repeat 6 times

### Day 3

Run 3 minutes  
Walk 2 minutes

Repeat 7 times

Make sure to tag us in your photos/videos with **#WeLiveActive** so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 4

### Day 1

Run 5 minutes  
Walk 3 minutes

Repeat 4 times

### Day 2

Run 5 minutes  
Walk 3 minutes

Repeat 4 times

### Day 3

Run 5 minutes  
Walk 3 minutes

Repeat 5 times

Make sure to tag us in your photos/videos with [#WeLiveActive](#) so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 5

### Day 1

Run 8 minutes  
Walk 3 minutes

Repeat 3 times

### Day 2

Run 8 minutes  
Walk 3 minutes

Repeat 3 times

### Day 3

Run 8 minutes  
Walk 3 minutes

Repeat 3 times

Make sure to tag us in your photos/videos with #WeLiveActive so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 6

### Day 1

Run 9 minutes  
Walk 3 minutes

Repeat 3 times

### Day 2

Run 9 minutes  
Walk 3 minutes

Repeat 3 times

### Day 3

Run 10 minutes  
Walk 3 minutes

Repeat 3 times

Make sure to tag us in your photos/videos with #WeLiveActive so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 7

### Day 1

Run 15 minutes  
Walk 5 minutes

Repeat 2 times

### Day 2

Run 15 minutes  
Walk 5 minutes

Repeat 2 times

### Day 3

Run 20 minutes  
Walk 5 minutes  
Run 15 minutes

Make sure to tag us in your photos/videos with #WeLiveActive so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 8

### Day 1

Run 17 minutes  
Walk 5 minutes  
Run 15 minutes

### Day 2

Run 17 minutes  
Walk 5 minutes  
Run 16 minutes

### Day 3

Run 17 minutes  
Walk 5 minutes  
Run 15 minutes

Make sure to tag us in your photos/videos with #WeLiveActive so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)





# COUCH TO 5K



## WEEK 9

### Day 1

Run 20 minutes  
Walk 2 minutes  
Run 15 minutes

### Day 2

Run 20 minutes  
Walk 3 minutes  
Run 17 minutes

### Day 3

Run 20 minutes  
Walk 5 minutes  
Run 20 minutes

Make sure to tag us in your photos/videos with **#WeLiveActive** so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)



# COUCH TO 5K



## WEEK 10

### Day 1

Run 8 minutes  
Walk 2 minutes

Repeat 4 times

### Day 2

Run 8 minutes  
Walk 2 minutes

Repeat 4 times

### Day 3

Run 5km

Make sure to tag us in your photos/videos with #WeLiveActive so we can see how you are getting on.

Find and follow us

[www.liveactive.co.uk](http://www.liveactive.co.uk)

