

## Couch to 5K Information



A Derby City Council Project

### Week one

For your three runs in week one, you will begin with a brisk five-minute walk, then alternate one minute of running and one-and-a-half minutes of walking, for a total of 20 minutes.

### Week two

For your three runs in week two, you will begin with a brisk five-minute walk, then alternate one-and-a-half minutes of running with two minutes of walking, for a total of 20 minutes.

### Week three

For your three runs in week three, you will begin with a brisk five-minute walk, then two repetitions of one-and-a-half minutes of running, one-and-a-half minutes of walking, three minutes of running and three minutes of walking.

### Week four

For your three runs in week four, you will begin with a brisk five-minute walk, then three minutes of running, one-and-a-half minutes of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, one-and-a-half minutes of walking and five minutes of running.

### Week five

There are three different runs this week but **Run Two** is the one we will be doing:

Run 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.

**Run two:** a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.

Run three: a brisk five-minute walk, then 20 minutes of running, with no walking.

### Week six

There are three different runs this week but **Run Two** is the one we will be doing:

Run 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.

**Run two:** a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.

Run three: a brisk five-minute walk, then 25 minutes of running with no walking.

### Week seven

For your three runs in week seven, you will begin with a brisk five-minute walk, then 25 minutes of running.

### Week eight

For your three runs in week eight, you will begin with a brisk five-minute walk, then 28 minutes of running.

### Week nine

For your three runs in week nine, you will begin with a brisk five-minute walk, then 30 minutes of running.

### Week nine/ten 5k Race or Parkrun

## 5K Parkrun

At the end of the C25K course (week 9 or 10) we will do the 5K Parkrun at Markeaton Park which takes place on a Saturday at 9am. We meet at the Orangery at 8.45am. The actual date will be confirmed during the C25K course.

Before the day you will need to register for the Parkrun to get your bar code which will be used to record your time. Simply click this link <https://www.parkrun.org.uk/register/> then complete the form, print off the bar code and bring it with you on race day.

After the Parkrun we have our own medal ceremony followed by a celebration brunch at The Markeaton, Kedleston Road, Derby DE22 2TF. Everyone is welcome, just let the advisor or one of the volunteers know beforehand.

## Strava

Strava is a free app that you can download to track your fitness activity on your phone or watch. It records your runs and routes & analyses your training with all the stats it also shares your runs automatically and we have a Livewell Strava group which can be used to give encouragement (kudos) to fellow runners.

## General Info

The Couch to 5k course is designed to get complete beginners running 5k in two months and is a great way to build confidence and jogging fitness. It is recommended that you do each weekly run 3 times before moving to the next week if possible. Although we have 3 sessions on our Livewell timetable, if you can't attend them all you can do some of the sessions yourself or with other people on the course if you want to – but don't worry too much if you can't fit all 3 runs in every week. The One You Couch to 5K App is great to get you through extra sessions on your own and there's a choice of 5 trainers (including celebrity coaches Jo Whiley, Sarah Millican, Sanjeev Kohli or Michael Johnson) to support and motivate you at every step of the way, telling you when to run and when to walk. The free app can be downloaded by searching for 'One You Couch to 5k' in the Apple or Google Play stores.

## Jog Derbyshire Groups

Once you have finished the C25K course and the Parkrun, you can continue your jogging by joining our friendly Jog Derbyshire groups, which are led by Livewell Volunteers who have all done the C25K course and then trained to be a jog leader. The Jog Derbyshire groups start at the same times as the C25K sessions and you will probably meet some of them on the C25K course. The details of the groups are below:

**Tuesdays** - Alvaston Park Joggers led by Norman meets at Alvaston Park at 10.30am

**Thursdays** – Springwood Joggers led by Mark meets at Springwood Leisure Centre at 6.00pm

**Saturdays** – Mackworth Roadrunners led by Lee meets at Mackworth Youth & Community Centre at 8.00am

**Sundays** – Jog Allenton led by Michelle meets at Aldi Car Park at 8.30am

You can find out more about the Jog Derbyshire groups and register to join online <https://derby.sportsuite.co.uk/jd-signup> or you can speak to one of the volunteer leaders or a Livewell Advisor.