



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 ten 5k Graduation Run

5K Graduation Run

At the end of the C25K course (week 10) we would normally arrange a graduation 5K at a Parkrun but due to Covid-19 Parkruns are cancelled. Until they re-start we will arrange a special Derby Joggers Graduation, details will be confirmed during the course.

After the Graduation you will receive a medal to recognise your achievement.

How to Book a Place on C25K

Please email derbyjoggers@gmail.com or you can book your place on the [Run Together App](#) which we use to comply with Track and Trace. You can download this from your App Store then just search for Derby Joggers.

Additional Information

One You Couch to 5K App

The [NHS 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. Derby Joggers lead 3 sessions over a week but if you can't attend them all you can do some of the sessions on your own or with friends you have made on the course.

The [One You Couch to 5K App](#) is a great way to get through extra sessions on your own. There's a choice of 5 trainers (including celebrity coaches; Jo Whiley, Sarah Millican, Sanjeev Kohli and 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.

Although 3 runs a week is recommended please do not worry if you can't fit all 3 in every week. Your running fits round your life not the other way around!

Strava

Many of our regular runners use the [Strava App](#). 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 Derby Joggers Strava group which can be used to give encouragement (kudos) to fellow runners.

What next after Couch to 5k?

Once you have finished the C25K course and done your graduation 5K you are welcome to join our social 'fun runs'.

The social runs usually start at the same times as the C25K sessions and you will probably meet some of the social runners while you are on the C25K course. Many of them are co-leaders and support the C25K sessions. Please see the section below on **Covid-19** for the latest information on our social runs.

Covid-19 Information

To comply with the England Athletic guidance, we have implemented the following:

- appointed a COVID Administrator
- created risk assessments to meet the criteria of maintaining a COVID secure environment
- introduced a booking system to comply with 12 people per leader (10 runners + 2 co-leaders per run)

When do we Meet?

We have three sessions:

- **Mondays 6pm** - DW car Park at Pride Park
- **Thursdays 6pm** - Springwood Leisure Centre * please use the car park at the far end by the outdoor courts and do not go into the leisure centre, thank you!
- **Saturdays 8am**- Mackworth youth and Community Centre, Prince Charles Avenue, Mackworth DE22 4FN

We offer two runs per session:

- gentle jog jog/walk
- 5k run

How to Book

We are using the booking system on the [Run Together App](#) You can download this from your App Store then just search for Derby Joggers.

The links to the runs will also be posted on the [Derby Joggers Facebook Group](#) and in our WhatsApp group a few days before each session.

There is a separate bookable run for every session which is for **co-leader's** only, with 4 slots to give us 2 co- leaders per run. If you are a co-leader you have the choice to book a slot on one of the runs or book a slot to co-lead and support a run.

We will continue to monitor things closely and make any alterations necessary if things change with the Covid -19 situation.

We look forward to seeing you!

Derby Joggers Leaders