



VPRC Couch to 5k Programme 2024 (2)



Week	Workout 1 (Sunday 08:45)	Workout 2 (Wednesday 18:55)	Workout 3
06/10/24 1	Brisk five minute warmup walk, then do eight repetitions of the following: • 60 seconds of jogging • 90 seconds of walking 06-Oct-24	Brisk five minute warmup walk, then do eight repetitions of the following: • 60 seconds of jogging • 90 seconds of walking 09-Oct-24	Brisk five minute warmup walk, then do eight repetitions of the following: • 60 seconds of jogging • 90 seconds of walking
13/10/24 2	Brisk five minute warmup walk, then do six repetitions of the following: • 90 seconds of jogging • 2 minutes of walking 13-Oct-24	Brisk five minute warmup walk, then do six repetitions of the following: • 90 seconds of jogging • 2 minutes of walking 16-Oct-24	Brisk five minute warmup walk, then do six repetitions of the following: • 90 seconds of jogging • 2 minutes of walking
20/10/24 3	Brisk five minute warmup walk, then do two repetitions of the following: • 90 seconds of jogging • 90 seconds of FAST walking • 3 minutes of jogging • 3 minutes of FAST walking 20-Oct-24	Brisk five minute warmup walk, then do two repetitions of the following: • 90 seconds of jogging • 90 seconds of FAST walking • 3 minutes of jogging • 3 minutes of FAST walking 23-Oct-24	Brisk five minute warmup walk, then do two repetitions of the following: • 90 seconds of jogging • 90 seconds of FAST walking • 3 minutes of jogging • 3 minutes of FAST walking
27/10/24 4	Brisk five minute warmup walk, then do • 3 minutes of jogging • 90 seconds of FAST walking • 5 minutes of jogging • 2 1/2 minutes of FAST walking • 3 minutes of jogging • 90 seconds of FAST walking • 5 minutes of jogging 27-Oct-24	Brisk five minute warmup walk, then do • 3 minutes of jogging • 90 seconds of FAST walking • 5 minutes of jogging • 2 1/2 minutes of FAST walking • 3 minutes of jogging • 90 seconds of FAST walking • 5 minutes of jogging 30-Oct-24	Brisk five minute warmup walk, then do • 3 minutes of jogging • 90 seconds of FAST walking • 5 minutes of jogging • 2 1/2 minutes of FAST walking • 3 minutes of jogging • 90 seconds of FAST walking • 5 minutes of jogging
03/11/24 5	Brisk five minute warmup walk, then do • 5 minutes of jogging • 3 minutes of FAST walking • 5 minutes of jogging • 3 minutes of FAST walking • 5 minutes of jogging 03-Nov-24	Brisk five minute warmup walk, then do 20 minutes of jogging with no walking. 06-Nov-24	Brisk five minute warmup walk, then do • 8 minutes of jogging • 5 minutes of FAST walking • 8 minutes of jogging
10/11/24 6	Brisk five minute warmup walk, then do • 5 minutes of jogging • 3 minutes of FAST walking • 8 minutes of jogging • 3 minutes of FAST walking • 5 minutes of jogging 10-Nov-24	Brisk five minute warmup walk, then do 25 minutes of jogging with no walking. 13-Nov-24	Brisk five minute warmup walk, then do • 10 minutes of jogging • 3 minutes of FAST walking • 10 minutes of jogging
17/11/24 7	Brisk five minute warmup walk, then do 25 - 30 minutes of jogging. 17-Nov-24	Brisk five minute warmup walk, then do 25 - 30 minutes of jogging. 20-Nov-24	Brisk five minute warmup walk, then do 25 - 30 minutes of jogging.
24/11/24 8	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 24-Nov-24	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 27-Nov-24	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging.
01/12/24 9	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 01-Dec-24	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 04-Dec-24	***** Complete the Warrington Parkrun 5K - 09:00 @ Victoria Park. 07/12/24 *****

Useful Links

www.vprc.co.uk
www.parkrun.org.uk
www.runtogether.co.uk

Things you need to do.

- 1) Get Active - 10,000 steps a day, every day. - Use the stairs - Walk the Dog - Cycle - Be Healthy.
- 2) Register on www.runtogether.co.uk and book yourself onto all the VPRC Couch to 5k Sessions
- 3) Register on the Parkrun website www.parkrun.org.uk and print off your Barcode in time for the 07 Dec You can register yourself as a member of Victoria Park Running Club If you want to 'Go posh' on your barcode and buy a key fob / wristband its www.parkrun-barcode.com
- 4) **Keep Saturday 07 Dec free in your Diary for the 09:00 Parkrun followed by the Graduation Breakfast!**
- 5) Join the 'VPRC' Facebook group so you can keep in touch - arrange runs together etc
- 6) Log on to the VPRC Club Shop page on www.vprc.co.uk and buy your self some VPRC kit. (if you want to).
- 7) If you do get an injury - Rest up - miss a session, but come back !
Use the R.I.C.E. Self treatment - (Rest, Ice, Compression, and Elevation)

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