

LIFE & SOUL

Couch to 5k PROGRAM

"every accomplishment starts with a decision to try"



WEEK	SESSION 1	SESSION 2	SESSION 3
1	20 min jog/walk/jog	jog 30 secs walk 30 secs repeat x 20 times	25 min jog/walk/jog
2	goal 3km jog for 30 min max	jog 1 min walk 1 min repeat x 15 times	goal 3.5km jog as much as you can
3	50 meter sprints walk 30 secs repeat x 20 times	30 min jog/walk/jog	100 meter sprints walk 1 min repeat x 10 times
4	30 minutes...just keep jogging!	45 sec sprints 15 sec recovery repeat x 15 times	Rest & Stretch
5	YOU MADE IT!		

TIME TRAINING - Find your pace and aim to jog for the set time

DISTANCE TRAINING - Set a distance route or use map my run

INTERVAL TRAINING - Run quick for set distance or time then recover by walking

*Life & Soul running along side you every step of the way...
#yougotthis*

