



VPRC Couch to 5k Programme 2026 (1)



Week	Workout 1 (Sunday 09:00)	Workout 2 (Wednesday 19:00)	Workout 3
04/01/26 1	Brisk five minute warmup walk, then do eight repetitions of the following: <ul style="list-style-type: none">• 60 seconds of jogging• 90 seconds of walking 04-Jan-26	Brisk five minute warmup walk, then do eight repetitions of the following: <ul style="list-style-type: none">• 60 seconds of jogging• 90 seconds of walking 07-Jan-26	Brisk five minute warmup walk, then do eight repetitions of the following: <ul style="list-style-type: none">• 60 seconds of jogging• 90 seconds of walking
11/01/26 2	Brisk five minute warmup walk, then do six repetitions of the following: <ul style="list-style-type: none">• 90 seconds of jogging• 2 minutes of walking 11-Jan-26	Brisk five minute warmup walk, then do six repetitions of the following: <ul style="list-style-type: none">• 90 seconds of jogging• 2 minutes of walking 14-Jan-26	Brisk five minute warmup walk, then do six repetitions of the following: <ul style="list-style-type: none">• 90 seconds of jogging• 2 minutes of walking
18/01/26 3	Brisk five minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none">• 90 seconds of jogging• 90 seconds of FAST walking• 3 minutes of jogging• 3 minutes of FAST walking 18-Jan-26	Brisk five minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none">• 90 seconds of jogging• 90 seconds of FAST walking• 3 minutes of jogging• 3 minutes of FAST walking 21-Jan-26	Brisk five minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none">• 90 seconds of jogging• 90 seconds of FAST walking• 3 minutes of jogging• 3 minutes of FAST walking
25/01/26 4	Brisk five minute warmup walk, then do <ul style="list-style-type: none">• 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 25-Jan-26	Brisk five minute warmup walk, then do <ul style="list-style-type: none">• 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 28-Jan-26	Brisk five minute warmup walk, then do <ul style="list-style-type: none">• 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
01/02/26 5	Brisk five minute warmup walk, then do <ul style="list-style-type: none">• 5 minutes of jogging• 3 minutes of FAST walking• 5 minutes of jogging• 3 minutes of FAST walking• 5 minutes of jogging 01-Feb-26	Brisk five minute warmup walk, then do 20 minutes of jogging with no walking. 04-Feb-26	Brisk five minute warmup walk, then do <ul style="list-style-type: none">• 8 minutes of jogging• 5 minutes of FAST walking• 8 minutes of jogging
08/02/26 6	Brisk five minute warmup walk, then do <ul style="list-style-type: none">• 5 minutes of jogging• 3 minutes of FAST walking• 8 minutes of jogging• 3 minutes of FAST walking• 5 minutes of jogging 08-Feb-26	Brisk five minute warmup walk, then do 25 minutes of jogging with no walking. 11-Feb-26	Brisk five minute warmup walk, then do <ul style="list-style-type: none">• 10 minutes of jogging• 3 minutes of FAST walking• 10 minutes of jogging
15/02/26 7	Brisk five minute warmup walk, then do 25 - 30 minutes of jogging. 15-Feb-26	Brisk five minute warmup walk, then do 25 - 30 minutes of jogging. 18-Feb-26	Brisk five minute warmup walk, then do 25 - 30 minutes of jogging.
22/02/26 8	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 22-Feb-26	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 25-Feb-26	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging.
01/03/26 9	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 01-Mar-26	Brisk five minute warmup walk, then do 30 - 35 minutes of jogging. 04-Mar-26	***** Complete the Warrington Parkrun 5K - 09:00 @ Victoria Park. 07/03/26 *****

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 Mar 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 Mar 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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