

VPRC Couch to 5k Programme



3

Week	Workout 1 (Sunday 08:45)	Workout 2 (Wednesday 18:55)	Workout 3
16/01/22 1	Brisk five minute warmup walk, then do eight repetitions of the following: • 60 seconds of jogging • 90 seconds of walking	Brisk five minute warmup walk, then do eight repetitions of the following: • 60 seconds of jogging • 90 seconds of walking	Brisk five minute warmup walk, then do eight repetitions of the following: • 60 seconds of jogging • 90 seconds of walking
23/01/22 2	Brisk five minute warmup walk, then do six repetitions of the following: • 90 seconds of jogging • 2 minutes of walking	Brisk five minute warmup walk, then do six repetitions of the following: • 90 seconds of jogging • 2 minutes of walking	Brisk five minute warmup walk, then do six repetitions of the following: • 90 seconds of jogging • 2 minutes of walking
30/01/22 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	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	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
06/02/22 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	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	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
13/02/22 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	Brisk five minute warmup walk, then do 20 minutes of jogging with no walking.	Brisk five minute warmup walk, then do • 8 minutes of jogging • 5 minutes of FAST walking • 8 minutes of jogging
20/02/22 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	Brisk five minute warmup walk, then do 25 minutes of jogging with no walking.	Brisk five minute warmup walk, then do • 10 minutes of jogging • 3 minutes of FAST walking • 10 minutes of jogging
27/02/22 7	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.
06/03/22 8	Brisk five minute warmup walk, then do 30 minutes of jogging.	Brisk five minute warmup walk, then do 30 minutes of jogging.	Brisk five minute warmup walk, then do 30 minutes of jogging.
13/03/22 9	Brisk five minute warmup walk, then do 30 minutes of jogging.	Brisk five minute warmup walk, then do 30 minutes of jogging.	***** Complete the Warrington Parkrun 5K - 09:00 @ Victoria Park. 19/03/22 *****

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 18th March
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 19th March 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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