TALKGYM

Couch to 5K: tick off every run

3 runs a week for 9 weeks, with a rest day between runs. Every run starts with a brisk 5 minute walk and ends with a 5 minute walk.

Online, with updates

Week	Run 1	Run 2	Run 3
1	☐ Run 1 min, walk 1.5 min, 7 times, then run 1 min 28.5 min with warm-up and cool-down	☐ Run 1 min, walk 1.5 min, 7 times, then run 1 min 28.5 min with warm-up and cool-down	☐ Run 1 min, walk 1.5 min, 7 times, then run 1 min 28.5 min with warm-up and cool-down
2	☐ Run 1.5 min, walk 2 min, 5 times, then run 1.5 min 29 min with warm-up and cool-down	☐ Run 1.5 min, walk 2 min, 5 times, then run 1.5 min 29 min with warm-up and cool-down	☐ Run 1.5 min, walk 2 min, 5 times, then run 1.5 min 29 min with warm-up and cool-down
3	☐ Run 1.5 min, walk 1.5 min, run 3 min, walk 3 min, run 1.5 min, walk 1.5 min, run 3 min 25 min with warm-up and cool-down	☐ Run 1.5 min, walk 1.5 min, run 3 min, walk 3 min, run 1.5 min, walk 1.5 min, run 3 min 25 min with warm-up and cool-down	☐ Run 1.5 min, walk 1.5 min, run 3 min, walk 3 min, run 1.5 min, walk 1.5 min, run 3 min 25 min with warm-up and cool-down
4	☐ Run 3 min, walk 1.5 min, run 5 min, walk 2.5 min, run 3 min, walk 1.5 min, run 5 min 31.5 min with warm-up and cool-down	☐ Run 3 min, walk 1.5 min, run 5 min, walk 2.5 min, run 3 min, walk 1.5 min, run 5 min 31.5 min with warm-up and cool-down	☐ Run 3 min, walk 1.5 min, run 5 min, walk 2.5 min, run 3 min, walk 1.5 min, run 5 min 31.5 min with warm-up and cool-down
5	☐ Run 5 min, walk 3 min, run 5 min, walk 3 min, run 5 min 31 min with warm-up and cool-down	☐ Run 8 min, walk 5 min, run 8 min 31 min with warm-up and cool-down	☐ Run 20 min without stopping 30 min with warm-up and cool-down
6	☐ Run 5 min, walk 3 min, run 8 min, walk 3 min, run 5 min 34 min with warm-up and cool-down	☐ Run 10 min, walk 3 min, run 10 min 33 min with warm-up and cool-down	☐ Run 25 min without stopping 35 min with warm-up and cool-down
7	☐ Run 25 min without stopping 35 min with warm-up and cool-down	☐ Run 25 min without stopping 35 min with warm-up and cool-down	☐ Run 25 min without stopping 35 min with warm-up and cool-down
8	☐ Run 28 min without stopping 38 min with warm-up and cool-down	☐ Run 28 min without stopping 38 min with warm-up and cool-down	☐ Run 28 min without stopping 38 min with warm-up and cool-down
9	☐ Run 30 min without stopping 40 min with warm-up and cool-down	☐ Run 30 min without stopping 40 min with warm-up and cool-down	☐ Run 30 min without stopping 40 min with warm-up and cool-down

Repeat a week if you need to. Finished? Work out your 5K pace with the pace calculator at talkgym.com. Plan: NHS Better Health, Couch to 5K running plan, checked October 17, 2026.

Sources: NHS Couch to 5K plan. Checked October 2026.
Free to print.