

# Couch to 2km



The couch to 2km is a great way to increase your fitness and physical activity all while helping you to achieve a new goal.

Always remember to go at a comfortable pace and don't overdo it at the start, this will help you to enjoy it while increasing your fitness levels. Why not try something new. Have you thought about challenging yourself to:

1. Be faster on your walk
2. Try running for parts of your walk
3. Run the full 2km
4. Run a PB for your 2km

Option 1 Beginners				
Week 1 - 3 times a week	Week 2 - 3 times a week	Week 3 - 3 times a week	Week 4 - 3 times a week	
Brisk Walk for 5 minutes	Brisk walk for 5 minutes	Brisk walk for 5 minutes	Brisk walk for 5 minutes	
Jog for 1 minute	Jog for 90 seconds	Jog for 90 seconds	Jog for 3 minutes	
Walk for 90 seconds	Walk for 2 minutes	Walk for 90 seconds	Walk for 90 seconds	
Repeat for a total of 20 minutes	Repeat for a total of 20 minutes	Jog for 3 minutes	Jog for 5 minutes	
<b>Cool Down - walk for 5 mins</b>	<b>Cool Down - walk for 5 mins</b>	Walk for 3 minutes	Walk for 2.5 minutes	
		Jog for 90 seconds	Jog for 3 minutes	
		Walk for 90 seconds	Walk for 90 seconds	
		Jog for 3 minutes	Jog for 5 minutes	
		<b>Cool Down - walk for 5 mins</b>	<b>Cool Down - walk for 5 mins</b>	
Option 2 Intermediate				Option 3 Advanced
Week 1	Week 2	Week 3	Week 4	If you can already run or jog 2km with ease challenge yourself to increase your pace
Brisk Walk for 5 minutes	Brisk Walk for 5 minutes	Brisk Walk for 5 minutes	Brisk Walk for 5 minutes	Get that PB that you've always wanted
Jog/Run for 5 minutes	Jog/Run for 7 mins	Jog/Run for 8 mins	Jog/Run for 10 mins	Reach out to your club coach for training ideas
Walk 2.5 mins	Walk 2 mins	Walk 2 mins	Walk 2 mins	<b>Cool Down - walk for 5 minutes</b>
Repeat 3 times	Repeat 3 times	Repeat 3 times	Repeat 2 times	
<b>Cool Down - walk for 5 mins</b>	<b>Cool Down - walk for 5 mins</b>	<b>Cool Down - walk for 5 mins</b>	<b>Cool Down - walk for 5 mins</b>	

**\*NB\*** A brisk walk is walking at a pace that allows for talking but not singing **or** it can be 100 steps per minute – you can calculate this by counting the number of steps you take in 6 seconds, and multiply by 10 to see how many steps you take in a minute.