

Couch to 5k

With summer around the corner and many of our normal activities cancelled, summer 2020 is a great time to start running.

Couch to 5k is an extremely popular way to start running as it builds your running up slowly until after 9 weeks you can run for a steady 30 minutes. I started running with this programme and now running is my favourite hobby.



Follow the link to the NHS site, which will give you a run-down of the programme and links to download the free NHS app.

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Using the app

If you have a smart phone, the app will allow you to listen to a celebrity guide you through the 9week programme.

(Other apps are available through Apple and Android app stores including one with a Zombie voice encouraging you on)

Safety Precautions

Running is free and can be done almost anywhere but there are safety measures you need to take to keep yourself safe.

1. Maintain social distance from others, like any other outdoor exercise.
2. Go with a family member or check with a parent/carer before going out for exercise and let them know your planned route.
3. Pause music and use road safety rules before crossing a road.

Sharing your progress

Use Teams to share your progress and review each workout. Motivation can be difficult so we can use Teams as a space to encourage each other.