



Cardiff and Vale College
Coleg Caerdydd a'r Fro

Health & Active Well-being Couch to 5km programme

A 12-week progressive training plan, consisting of 3 runs per week. Designed to take you from a beginner, to being able to complete the full 5km distance without stopping or walking.



Week 1

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Session 1	Session 2	Session 3
<p>Run 30secs, Walk 30secs. Repeat 10 times Total = 10mins *Running effort should be comfortable.</p>	<p>Run/Walk 10mins *Run at a comfortable effort, you should be able to hold a conversation. *Alternate between walking & running as & when you need to.</p>	<p>2km Brisk Walk *Faster than your normal walking pace. * Time how long it takes you.</p>

Week 2

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Session 1

**Run 30secs, Walk
30secs.**

Repeat 12 times

Total = 12mins

***Running effort should be
comfortable.**

Session 2

Run/Walk 12mins

***comfortable effort, you
should be able to hold a
conversation.**

***Alternate between walking
& running as & when you
need to.**

Session 3

3km Brisk Walk

***Faster than your normal
walking pace.**

*** Time how long it takes
you.**

Week 3

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Session 1

**Run 30secs, Walk
30secs.**

Repeat 15 times

Total = 15mins

*Running effort should be
comfortable.

Session 2

Run/Walk 15mins

*comfortable effort, you
should be able to hold a
conversation.

*Alternate between walking
& running as & when you
need to.

Session 3

4km Brisk Walk

*Faster than your normal
walking pace.

* Time how long it takes
you.

Week 4

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Session 1

**Run 30secs, Walk
30secs.**

Repeat 20 times

Total = 20mins

***Running effort should be
comfortable.**

Session 2

Run/Walk 15mins

***comfortable effort, you
should be able to hold a
conversation.**

***Alternate between walking
& running as & when you
need to.**

Session 3

5km Brisk Walk

***Faster than your normal
walking pace.**

*** Time how long it takes
you.**

Week 5

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Session 1

**Run 45secs, Walk
45secs.**

Repeat 15 times

Total = 22:30mins

***Running effort should be
comfortable.**

Session 2

Run/Walk 20mins

***Comfortable effort, you
should be able to hold a
conversation.**

***Alternate between walking
& running as & when you
need to.**

Session 3

5km Brisk Walk

***Faster than your normal
walking pace.**

*** Time how long it takes
you.**

***Aim to beat your
previous time.**

Week 6

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Session 1

**Run 1min, Walk 1min.
Repeat 12 times
Total = 24mins**
*Effort should be comfortable.

Session 2

Run/Walk lamppost intervals 20mins
*Run from 1 lamppost to the next, then walk to the next lamppost. And repeat for 20mins.
*Running should be at a moderate effort, but not too difficult.
*The walking is recovery, so take it easy.

Session 3

5km Brisk Walk
*Faster than your normal walking pace.
* Time how long it takes you.
*Aim to beat your previous time.

Week 7

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Session 1

**Run 90secs, Walk
90secs.**

Repeat 10 times

Total = 30mins

***Running effort should be
comfortable.**

Session 2

**Run/Walk 25mins
including 1min efforts.**

***Running effort should be
comfortable.**

***Walking should be faster
than your normal walking
pace, brisk.**

***Alternate between walking
& running as & when you
need to.**

***Every 5th minute (5, 10, 15
& 20) run at a moderate
effort.**

Session 3

**4km Brisk Walk, 1km
run**

***The walking should be
faster than your normal
walking pace.**

***Running effort should
be comfortable.**

*** Time how long it takes
you.**

Week 8

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Session 1

**Run 2mins, Walk
2mins.**

Repeat 8 times

Total = 32mins

*Running effort should be comfortable.

Session 2

Run/Walk 30mins

*Comfortable effort, you should be able to hold a conversation.

*Alternate between walking & running as & when you need to.

Session 3

**3km Brisk Walk, 2km
run**

*Walking should be faster than your normal walking pace.

*Running effort should be comfortable.

* Time how long it takes you.

Week 9

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Session 1

**Run 3mins, Walk 2mins.
Repeat 6 times
Total = 30mins**
*Running effort should be comfortable.

Session 2

Run/Walk 35mins
*Comfortable effort, you should be able to hold a conversation.
*Alternate between walking & running as & when you need to.

Session 3

2km Brisk Walk, 2km comfortable run, 1km moderate run
*Walking should be faster than your normal walking pace.
*Running effort should be comfortable, with the last 1km slightly quicker.
* Time how long it takes you.

Week 10

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Session 1

**Run 5mins, Walk 2mins.
Repeat 4 times
Total = 28mins**
*Running effort should be comfortable.

Session 2

Run/Walk lamppost intervals - 30mins
*Run from 1 lamppost to the next, then walk to the next lamppost. And repeat for 30mins.
*Running should be at a moderate effort, but not too difficult.
*The walking is recovery, so take it easy.

Session 3

2km Brisk Walk, 4km run
*Walking should be faster than your normal walking pace.
*Running effort should be comfortable.
* Time how long it takes you.

Week 11

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Session 1

**Run 7mins, Walk 3mins.
Repeat 3 times
Total = 30mins**
*Running effort should be comfortable.

Session 2

Run/Walk 35mins
*Comfortable effort, you should be able to hold a conversation.
*Alternate between walking & running as & when you need to.

Session 3

**2km Run, 1km Walk,
2km Run, 1km Walk.**
*Walking should be faster than your normal walking pace.
*Running effort should be comfortable.
* Time how long it takes you.

Week 12

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Session 1

**Run 10mins, Walk
3mins.**

Repeat 3 times

Total = 39mins

***Running effort should be
comfortable.**

Session 2

Run/Walk 40mins

***Comfortable effort, you
should be able to hold a
conversation.**

***Alternate between walking
& running as & when you
need to.**

Session 3

Run 5km

***Running effort should
be comfortable.**

*** Time how long it takes
you.**

*** Try to run the whole
distance without
walking.**



Congratulations!!!

You have completed the CAVC couch to 5km programme!

Don't let this be the end of your running and fitness journey, it is only the beginning!

Progress on to the CAVC intermediate 5km programme to continue your improvements, not only in running, but your physical and mental health & well-being!!!