



Couch to 5km: Free Starter Pack (Weeks 1–2)

Welcome to the first two weeks of my Couch to 5km plan. These sessions are simple, enjoyable and designed to help you build momentum without pressure. Just show up, move your body and enjoy the process.

WEEK 1

Mon — 20 min fun run

Easy, enjoyable pace. If you feel like you're going too slow, go a little slower than that! :-)

Tue — 30 min easy walk

Flat surface. Play with arm swing and stride length.

Wed — 20 min fun run

SUPER relaxed pace. Don't look at the numbers and be proud that you're moving and grooving!

Thu — 45 min brisk walk

Upright posture, steady movement. Walking is a super power and PERFECT cross training for runners

Fri — 20 min fun run

Keep it light and fun. Chin up, be proud of yourself, you're a legend!

Sat — Strength (12 mins)

Bodyweight routine: 1 min per exercise, 15 sec rest.

Strength training - only 12 mins and 15 secs total

1 minute per exercise with 15 seconds rest between each exercise

- 1) jumping jacks
- 2) lunges - 30 secs each leg
- 3) wall sit
- 4) elbow plank
- 5) plank builds
- 6) push ups
- 7) reverse plank
- 8) side plank hold
- 9) mountain climbers
- 10) child pose

If unsure of how to do these exercises, check out our bodyweight exercises on YouTube for more info or you can simply follow along with this workout here ...



Sun — Rest or active recovery



WEEK 2

Mon — 20 min fun run

Easy, enjoyable, very relaxed pace. If you're moving you're winning!!

Tue — 45 min easy walk

Walking is a great way to make your muscles (especially your legs) stronger and get your blood pumping and make your head happy too!

Wed — 20 min fun run

SUPER relaxed pace. Slower is better 100% of the time!!

Thu — 90 min easy walk

Long steady walk. Choose a comfortable pace. Trust the process. You've got this!!

Fri — 30 min fun run

SUPER DUPER EASY. Your mantra is "focussed, composed and relaxed."

Sat — 45 min brisk walk

Another week complete, well done!!

Sun — Rest or active recovery

Next step:

If you enjoyed these two weeks, continue with my full Couch to 5km TrainingPeaks plan for only \$4.95.

Link:

<https://www.trainingpeaks.com/my-training-plans/5kmPBplan>

MON	TUE	WED	THU	FRI	SAT	SUN
Week 1 Day 1 Run 20 min fun run -> - easy, fun and enjoyable pace 0:20:00 27 TSS 20 minute fun run -> Do whatever you like and have fun! ->D Run at an easy, fun and enjoya...	Walk 30 mins easy walk on a flat surface 0:30:00 20 TSS 30 min essy walk on a flat surface play with arm swing and stride length to see how fast you c...	Run 20 min fun run -> - easy, fun and enjoyable pace 0:20:00 27 TSS 20 minute fun run -> Do whatever you like and have fun! ->D Run at an easy, fun and enjoya...	Walk 45 mins BRISK walk on a flat surface 0:45:00 38 TSS 45 min BRISK walk on a flat surface play with arm swing and stride length to see how fast you ...	Run 20 min fun run -> - easy, fun and enjoyable pace 0:20:00 27 TSS 20 minute fun run -> Do whatever you like and have fun! ->D Run at an easy, fun and enjoya...	Strength Bodyweight Strength Training Workout no 1 0:12:15 5pm Strength training - only 12 mins and 15 secs total 1 minute per exercise with 15 seconds r...	Day Off Day Off - cross train or active recovery day Day Off - cross train or active recovery day
Week 2 Day 8 Run 20 min fun run -> - easy, fun and enjoyable pace 0:20:00 27 TSS 20 minute fun run -> Do whatever you like and have fun! ->D Run at an easy, fun and enjoya...	Walk 45 mins easy walk on a flat surface 0:45:00 45 min easy walk on a flat surface play with arm swing and stride length to see how fast you c...	Run 20 min fun run -> - easy, fun and enjoyable pace 0:20:00 27 TSS 20 minute fun run -> Do whatever you like and have fun! ->D Run at an easy, fun and enjoya...	Walk 90 minutes easy walk 1:30:00 90 minute easy walk focus on what feels good for your body and choose a pace that works well fo...	Run 30 min fun run -> - easy, fun and enjoyable pace 0:30:00 40 TSS 30 minute fun run -> Do whatever you like and have fun! ->D Run at an easy, fun and enjoya...	Walk 45 mins BRISK walk on a flat surface 0:45:00 38 TSS 45 min BRISK walk on a flat surface play with arm swing and stride length to see how fast you ...	Day Off Day Off - cross train or active recovery day Day Off - cross train or active recovery day

Or for more info contact Coach Joe on 0433 819 514 or email coachjoe@manlybeachrunningclub.com