

# COUCH TO 3KM RUN

## BEGINNER

If you are aiming to get off the couch and start a regular running routine, then this training guide is ideal for you!

This is a 6-week guide and the idea is to work your way into it, rather than go all out, too soon. Importantly, feel free to tweak whatever you need to make it work for you! Please turn the page for instructions.

**LEGEND**  Warm-up  Walking  Strength and Flexibility  Cool down  Rest

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
 1		 +  Walk 30 mins + 		 +  Walk 30-40 mins + 		 +  Walk/run 15 mins + 	
 2		 +  Walk/run 15 mins + 		 +  Walk/run 20 mins + 		 +  Walk 30-40 mins + 	
 3		 +  Walk/run 20 mins + 		 +  Walk/run 30 mins + 		 +  Walk/run 30 mins + 	
 4		 +  Run 10 mins + 		 +  Run 10 mins + 		 +  Run 10 mins + 	
 5		 +  Run 15 mins + 		 +  Run 15 mins + 		 +  Run 15 mins + 	
 6		 +  Run 20 mins + 		 +  Run 20 mins + 		 +  Run 20 mins + 	

Partner:



Government of Western Australia  
Department of Health



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### Warm-up

#### Why?

A warm-up will prepare your body for exercise by gradually increasing your heart rate and circulation; this will loosen your joints and increase blood flow to the muscles.

#### How?

Walk slowly for 5 minutes, then gradually pick up the speed and begin your timed walk.

Don't forget to take time to stretch along the way!

See our **beginner home workout program** for some basic stretching ideas.



### Walking/running

#### Why?

A combination of running and walking is ideal for beginner runners who haven't yet built up the fitness to run for extended periods of time. It's also great for those days of recovery where you might be feeling a little tight from the previous session, and you want to keep up your running but reduce the intensity!

#### How?

After your warm-up, follow the weekly guide. For the walk/run sessions, run for a short distance (until you feel tired) and then take a walk break (until you have recovered). As you progress, try to run a bit longer and walk a little less to build your fitness!

#### For example:

Run 1 minute and walk 4 minutes. Gradually increasing to: Run 2.5 minutes and walk 2.5 minutes.



### Cool down

#### Why?

The cool down allows your breathing rate to return to normal and your heart rate to return close to its resting rate.

#### How?

Walk slowly and stretch for 5-10 minutes after your timed walk/run.

See our **beginner home workout program** for some basic stretching ideas.



### Strength and flexibility

#### Why?

Incorporating strength and flexibility days will help to prepare and condition your body and reduce the risk of injury.

#### How?

Complete strength exercises for at least 15-30 minutes, 2 days a week

See our **beginner home workout program** for some basic strength exercise ideas.



### Rest

#### Why?

Rest days allow your body to recuperate and recover after walking sessions. They are vital to becoming fitter and a better runner!

#### How?

Take at least 1-2 days of total rest per week.

Avoid doing any intensive activities on these designated rest days – you've earned it!

## Intensity Guide

### Light

You can sing or talk without a noticeable increase in your breathing rate.

### Moderate

You can carry on a conversation, but notice your breathing is getting faster, and you are breathing deeply every few words.

### Vigorous

You cannot hold a conversation at all.

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