



We have adapted the Couch to 5KM programme to make it accessible for our students and staff so that they can prepare for the challenge of running 5KM for the Race for Life in just six weeks. For the best effect try to squeeze in three runs in each week. The Couch to 5km club will meet Tuesday after school (15:45-16:30) so a run on either Thursday/ Friday would work and a third run on either Saturday or Sunday. Please feel free to join us!

Some tips to get started

- Get the right footwear. Make sure you have some good quality running shoes to protect your bones, muscles, joints and tendons during your training. Most importantly they need to support you and be the right size.
- have a small gentle jog to warm the muscles. Stretch to warm up.
- Monitor your fluid intake. Make sure you take fluids on before, after and during.
- Eat well balanced meals

Remember: Have fun, this is meant to be a challenge but also something to enjoy and help with our wellbeing, not to mention raise lots of money for a great charity.

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| Week 1- Tuesday 25th February 2019 |
| For your 3 runs in week 1: You will begin with a brisk 5-minute walk, then alternate 1 minute of running and 1 minute of walking, for a total of 20 minutes. |
| Week 2- Tuesday 5th March 219 |
| For your 3 runs in week 2: You will begin with a brisk 5-minute walk, then alternate 2 minutes of running with 1 minutes of walking, for a total of 20 minutes. |
| Week 3 Tuesday 12th March 2019 |
| For your 3 runs in week 3: You will begin with a brisk 5-minute walk, then 3 minutes of running, 1-and-a-half minutes of walking, 5 minutes of running, 2 minutes of walking, 3 minutes of running, 1-and-a-half minutes of walking and 5 minutes of running. |
| Week 4 Tuesday March 19th 2019 |
| For your runs this week: A brisk 5-minute walk, then 5 minutes of running, 2 minutes of walking, 5 minutes of running, 2 minutes of walking and 5 minutes of running. |
| Week 5 Tuesday March 26th 2019 |
| For your three runs this week: A brisk 3-minute walk, then 8 minutes of running, 2 minutes of walking and 10 minutes of running. |
| Week 6 Tuesday April 2nd 2019 |
| For your run this week (this is Race for Life week so no running after Wednesday so you are rested before the event on Friday: a brisk 2-minute walk, then 10 minutes of running, 2 minutes of walking and 10 minutes of running. Friday this week (5 th April) is Race for Life! |

<https://fundraise.cancerresearchuk.org/page/the-folkestone-school-for-girls>