

Challenging Events Couch to 30mins

Congratulations on choosing to get off the Couch and start running.

We have looked at lots of different plans and we feel this is the best way to build your fitness levels. The plan is based on **time goals** and not distance as this allows anyone of any fitness level can start.

Before you start the plan you should always check with your doctor that you are well enough to start doing the plan. We accept no liability for injury - you are following this plan at your own risk

A couple of tips:

- If you struggle with the starting week one, there is no need to worry. We have a starting plan which builds you up - <https://challenging.events/30min-plan>
- If you find a week particularly hard, simply repeat the week, or repeat the week before. If you try pushing to hard you run the risk of injury



Week 1

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec	Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec	Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec
Walk 5 min to cool down		

Week 2

Day A	Day B	Day C
5 min brisk walk to warm up		
Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec	Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec	Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec
Walk 5 min to cool down		

Week 3

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 90 sec Walk 90 sec Run 3 min Walk 3 min Run 90 sec Walk 90 sec Run 3 min Walk 3 min	Run 90 sec Walk 90 sec Run 3 min Walk 3 min Run 90 sec Walk 90 sec Run 3 min Walk 3 min	Run 90 sec Walk 90 sec Run 3 min Walk 3 min Run 90 sec Walk 90 sec Run 3 min Walk 3 min
Walk 5 min to cool down		

Week 4

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 3 min Walk 90 sec Run 5 min Walk 2 ½ min Run 5 mins	Run 3 min Walk 90 sec Run 5 min Walk 2 ½ min Run 5 mins	Run 3 min Walk 90 sec Run 5 min Walk 2 ½ min Run 5 mins
Walk 5 min to cool down		

Week 5

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 5 min Walk 3 min Run 5 min Walk 3 min Run 5 min	Run 8 min Walk 5 min Run 8 min	Run 20 min
Walk 5 min to cool down		

Week 6

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 5 min Walk 3 min Run 8 min Walk 3 min Run 5 min	Run 10 min Walk 3 min Run 10 min	Run 25 min
Walk 5 min to cool down		

Week 7

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 25 min	Run 26 min	Run 27 min
Walk 5 min to cool down		

Week 8

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 28 min	Run 28 min	Run 29 min
Walk 5 min to cool down		

Week 9

Day A	Day B	Day C
5 min brisk walk to warm up		
Run 30 min	Run 30 min	Run 30 min
Walk 5 min to cool down		