

Challenging Events Couch to Pre 30mins

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

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.

This plan is for anyone worried about Week 1 of the formal 9-week program.

The plan is based on **time goals** and not distance as this allows anyone of any fitness level can start.

- 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 walk to warm up		
Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min	Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min Walk - 1 min Fast Walk - 1 min	Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk 60 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min
Walk 5 min to cool down		

Week 2

Day A	Day B	Day C
5 min walk to warm up		
Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk 60 sec Fast Walk - 90 sec Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min	Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk 60 sec Fast Walk - 90 sec Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min	Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk 60 sec Run - 30 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min
Walk 5 min to cool down		

Week 3

Day A	Day B	Day C
5 min walk to warm up		
Fast Walk - 90 sec Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk 60 sec Run - 30 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec	Fast Walk - 90 sec Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk 60 sec Run - 30 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec	Fast Walk - 90 sec Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 1 min Walk 90 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec
Walk 5 min to cool down		

Week 4

Day A	Day B	Day C
5 min walk to warm up		
Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec	Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Fast Walk - 1 min Walk 90 sec Fast Walk - 90 sec	Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 30 secs Walk 90 sec Fast Walk - 90 sec
Walk 5 min to cool down		

Week 5

Day A	Day B	Day C
5 min walk to warm up		
Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec	Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec	Fast Walk - 90 sec Walk 45 sec Fast Walk - 90 sec Walk 30 sec Fast Walk - 2 mins Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 90 sec Fast Walk - 90 sec
Walk 5 min to cool down		

Week 6

Day A	Day B	Day C
5 min walk to warm up		
<p>Run - 30 sec Walk 1 min Fast Walk - 90 sec Walk 30 sec Fast Walk - 2 mins Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 90 sec Fast Walk - 90 sec</p>	<p>Run - 30 sec Walk 1 min Fast Walk - 90 sec Walk 30 sec Fast Walk - 2 mins Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 90 sec Fast Walk - 90 sec</p>	<p>Run - 30 sec Walk 1 min Fast Walk - 90 sec Walk 30 sec Fast Walk - 2 mins Walk 60 sec Run - 45 secs Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 90 sec Run - 30 sec</p>
Walk 5 min to cool down		

Week 7

Day A	Day B	Day C
5 min walk to warm up		
<p>Run - 30 sec Walk 1 min Run - 30 sec Walk 1 min Fast Walk - 1 min Walk 60 sec Run - 1 min Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 90 sec Run - 30 sec</p>	<p>Run - 30 sec Walk 1 min Run - 30 sec Walk 1 min Fast Walk - 1 min Walk 60 sec Run - 1 min Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 90 sec Run - 30 sec</p>	<p>Run - 30 sec Walk 1 min Run - 30 sec Walk 1 min Fast Walk - 1 min Walk 60 sec Run - 1 min Walk 90 sec Fast Walk - 90 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 1 min Run - 45 sec</p>
Walk 5 min to cool down		

Week 8

Day A	Day B	Day C
5 min walk to warm up		
<p>Run - 30 sec Walk 1 min Run - 30 sec Walk 1 min Fast Walk - 1 min Walk 60 sec Run - 1 min Walk 90 sec Run - 45 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 1 min Run - 45 sec</p>	<p>Run - 30 sec Walk 1 min Run - 30 sec Walk 1 min Fast Walk - 1 min Walk 60 sec Run - 1 min Walk 90 sec Run - 45 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 1 min Run - 45 sec</p>	<p>Run - 45 sec Walk 1 min Run - 30 sec Walk 1 min Fast Walk - 1 min Walk 60 sec Run - 1 min Walk 90 sec Run - 45 sec Walk - 1 min Fast Walk - 90 sec Walk 60 sec Run - 1 min Walk 1 min Run - 1 min</p>
Walk 5 min to cool down		

Week 9

Day A	Day B	Day C
5 min walk to warm up		
Run - 45 sec Walk 1 min Run - 45 sec Walk 1 min Run - 45 sec Walk 60 sec Run - 1 min Walk 90 sec Run - 45 sec Walk - 1 min Run - 45 sec Walk 1 min Run - 1 min Walk 1 min Run - 1 min	Run - 45 sec Walk 1 min Run - 45 sec Walk 1 min Run - 45 sec Walk 60 sec Run - 1 min Walk 90 sec Run - 45 sec Walk - 1 min Run - 45 sec Walk 1 min Run - 1 min Walk 1 min Run - 1 min	Run - 1 min Walk 1 min Run - 45 sec Walk 1 min Run - 45 sec Walk 60 sec Run - 1 min Walk 90 sec Run - 45 sec Walk - 1 min Run - 45 sec Walk 1 min Run - 1 min Walk 1 min Run - 1 min
Walk 5 min to cool down		