

# COVID-19 Lockdown. Couch - 5KM Training Programme



Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>23-Mar</b>			Run / Walk. 10 x 0:30 Run + 1:00 Walk.	Rest & Mobility.	Run / Walk. 10 x 0:45 Run + 1:00 Walk.	Brisk Walk 15:00 - 20:00.	Rest & Mobility.
<b>30-Mar</b>	Run / Walk. 10 x 0:45 Run + 1:00 Walk.	Upper Body Workout. e.g. Gardening, Cleaning, Press Ups	10:00 Warm Up Walk. 5:00 Continuous Run. 10:00 Cool Down Walk.	Rest & Mobility.	Run / Walk. 10 x 1:00 Run + 1:00 Walk.	Brisk Walk 20:00 - 30:00.	Rest & Mobility.
<b>6-Apr</b>	Run / Walk. 10 x 1:00 Run + 1:00 Walk.	Upper Body Workout. e.g. Gardening, Cleaning, Press Ups	10:00 Warm Up Walk. 5:00 - 10:00 Continuous Run. 10:00 Cool Down Walk.	Rest & Mobility.	Run / Walk. 10 x 1:30 Run + 1:00 Walk.	Brisk Walk 30:00 - 45:00.	Rest & Mobility.
<b>13-Apr</b>	Run / Walk. 10 x 2:00 Run + 1:00 Walk.	Upper Body Workout. e.g. Gardening, Cleaning, Press Ups	10:00 Warm Up Walk. 10:00 - 20:00 Continuous Run. 10:00 Cool Down Walk.	Rest & Mobility.	Run / Walk. 10 x 3:00 Run + 1:00 Walk.	Brisk Walk 45:00.	Rest & Mobility.
<b>20-Apr</b>	Run / Walk. 10 x 1:00 Run + 1:00 Walk.	Upper Body Workout. e.g. Gardening, Cleaning, Press Ups	10:00 Warm Up Walk. 5KM Continuous Run. 10:00 Cool Down Walk.				