

**HRR Support on Weds Club Nights
& week 5 & 6 long runs on Mondays**

HRR will try and support Monday runs for joiners.



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	
Day 1	/01/202	15/01/2025	22/01/2025	29/01/2025	05/02/2025	12/02/2025	19/02/2025	26/02/2025	02/03/2025	05 or 12/ 03/2025
Weds	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 5 min to Cool Down	5 min brisk walk to Warm Up 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	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 90 sec Run 3 min Walk 90 sec Run 3 min Walk 90 sec Run 3 min Walk 90 sec Run 3 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 3 min Walk 90 sec Run 5 min Walk 2 ½ min Run 3 min Walk 90 sec Run 5 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 5 min Walk 3 min Run 5 min Walk 3 min Run 5 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 5 min Walk 3 min Run 8 min Walk 3 min Run 5 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 25 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 28 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 30 min Walk 5 min to Cool Down	GRADUATION RECOGNITION
Day 2					5 min brisk walk to Warm Up Run 8 min Walk 5 min Run 8 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 10 min Walk 3 min Run 10 min Walk 5 min to Cool Down				
Fri/ Sat	Repeat Day 1	Repeat Day 1	Repeat Day 1	Repeat Day 1			Repeat Day 1	Repeat Day 1	Repeat Day 1	Parkrun anyone ?
Day 3					5 min brisk walk to Warm Up Run 20 min Walk 5 min to Cool Down	5 min brisk walk to Warm Up Run 25 min Walk 5 min to Cool Down				
Sun/ Mon	Repeat Day 1	Repeat Day 1	Repeat Day 1	Repeat Day 1			Repeat Day 1	Repeat Day 1	Repeat Day 1	
Notes & other events						Food Bank Run				

Based on NHS with BBC Couch to 5k Weekly Plan

Note: It is important to have a rest day between runs