

Run from Couch to 5K in 8 easy weeks!

There might not be much traffic on the roads but if there's one thing that Lockdown has brought out its runners. Lately we've had some beautiful spring weather to be out and about in and there's no better way to enjoy it than by running!

Running is a cheap, simple sport that almost anyone can enjoy. You don't have to harbour an ambition to run a marathon or be as fast as Usain Bolt! You can run at any speed you like, go out whenever you want and go as far as the fancy takes you within current guidelines.

What's more running has enormous proven benefits for mental health. Endorphins that are released during running help to treat depression and other psychological disorders. Running helps people feel less fatigued, depressed, and tense. Just what a lot of us need right now.

Setting yourself a goal, in times like we are experiencing now, is also critical in surviving the challenges that we all face.

Rebel Runners, based in Medway, have run a successful Couch to 5K programme for several years and we are sure that such a programme would be of enormous benefit to a lot of people right now. Obviously, with the current restrictions it's not possible to run a face to face event as we usually do but it's certainly possible to still participate and achieve the 5K goal. What better way to banish the Covid Blues!

The table below shows an 8 week cycle. Just do each week's activity 3 times a week, preferably with a rest day in between.

COUCH TO 5K 8 WEEK PROGRAMME				
Week	Run	Walk	Repeat	Total
1	1 mins	90 secs	X8	20 mins
2	2 mins	1 min	X7	21 mins
3	3 mins	1 min	X6	24 mins
4	5 mins	2 mins	X4	28 mins
5	8 mins	2 mins	X3	30 mins
6	12 mins	1 min	X3	39 mins
7	15 mins	1min	X2	32 mins
8	5K			

For instance, in week 1 (say on Monday) you run for 1 minute (any speed you like) and walk for 90 seconds, repeating 8 times. Do the same on (say) Wednesday and Saturday. The 2nd week you're up to running 2 minutes and walking for 1, repeating 7 times and so on until hopefully you can run for 5K in week 8. Don't worry if you can't make the whole 5K, or you have to walk a bit. Many people do, and they are still runners! Hopefully you will have realised the health benefits by then and want to carry on. You might even, like a number of previous graduates from Couch to 5K, go on to join Rebel Runners!

If you have any questions please email them to communications-rebelrunners@outlook.com or you can post on <https://www.facebook.com/RebelRunnersMedway/>. Let us know if you would be

interested in joining a Facebook group where you can post your achievements and we can try to assist you more. We'll set this up if there's enough demand.

Stay safe.