



Hello and welcome to the U perform - U to running - 5km challenge.

This 8 week plan is designed to take complete beginners from the couch on day 1, and gradually work up towards running a 5km parkrun in just 8 weeks, in a very manageable and progressive plan.

The plan involves walking, jogging, running 4 times a week, with 3 rest days, and a different running schedule for each week.

We know that one of the biggest challenges facing a new runner is that they don't know where to start, how often to run, how far to run or how fast to run.

If that sounds like you... then welcome to the club... we've all been there, and thousands of new runners take part in Couch to 5km challenges every year, so you're not alone.

U perform and the U perform family are here to help you every step of the way... we would love to have you join our group on Facebook and share your journey with us and the rest of the U perform family @uperformuk... we are all in this together.

Our social media platforms are a great place to ask us any questions you have, and not only will we give you our answer, you'll find many other U perform members offering their tips and advice... so come and join in the conversation.

Our U to running - 5km challenge is for everyone. Whether you've never run before or if you just want to get more active, this 5km challenge is a free and easy way of getting fitter and healthier.

Before you start, if you have any health concerns about beginning an exercise plan like our 5km challenge, please make an appointment to see your GP and discuss it with them first.

Our U to running - 5km challenge has been carefully designed by Professor Greg Whyte OBE, to gradually progress you from a non-runner to running a 5km Parkrun in just 8 weeks.

At the very top of the 8 week plan, you'll find a box with a brief description of the 3 intensity levels used in the plan. As these intensity levels are very important, we want to explain them in a little more detail here.

Getting the intensity right when you run is very important. In very simple terms, intensity is how hard you're running relative to how hard you're capable of running. Please remember that what may be easy for you, might be hard for someone else.

Take this into consideration if you intend to do this challenge with someone else, and always run to the slowest person's ability.

The table below provides guidelines for heart rate, breathing and perceived effort that will help you distinguish the three zones from one another.

Why no guidelines for pace? We find that perceived effort and particularly heart rate are much better tools for keeping you in the right zones. When runners use pace as a performance guide, they always want to run faster.

Intensity	Heart rate	Breathing	Perceived Effort (1-10)
Easy	<77% max HR	You can comfortably breathe through your nose	1 - 4
Moderate	77-92% max HR	You can comfortably speak in short sentences	5 - 6
Hard	>93% max HR	You're breathing as hard as you can after a few minutes	7 - 10

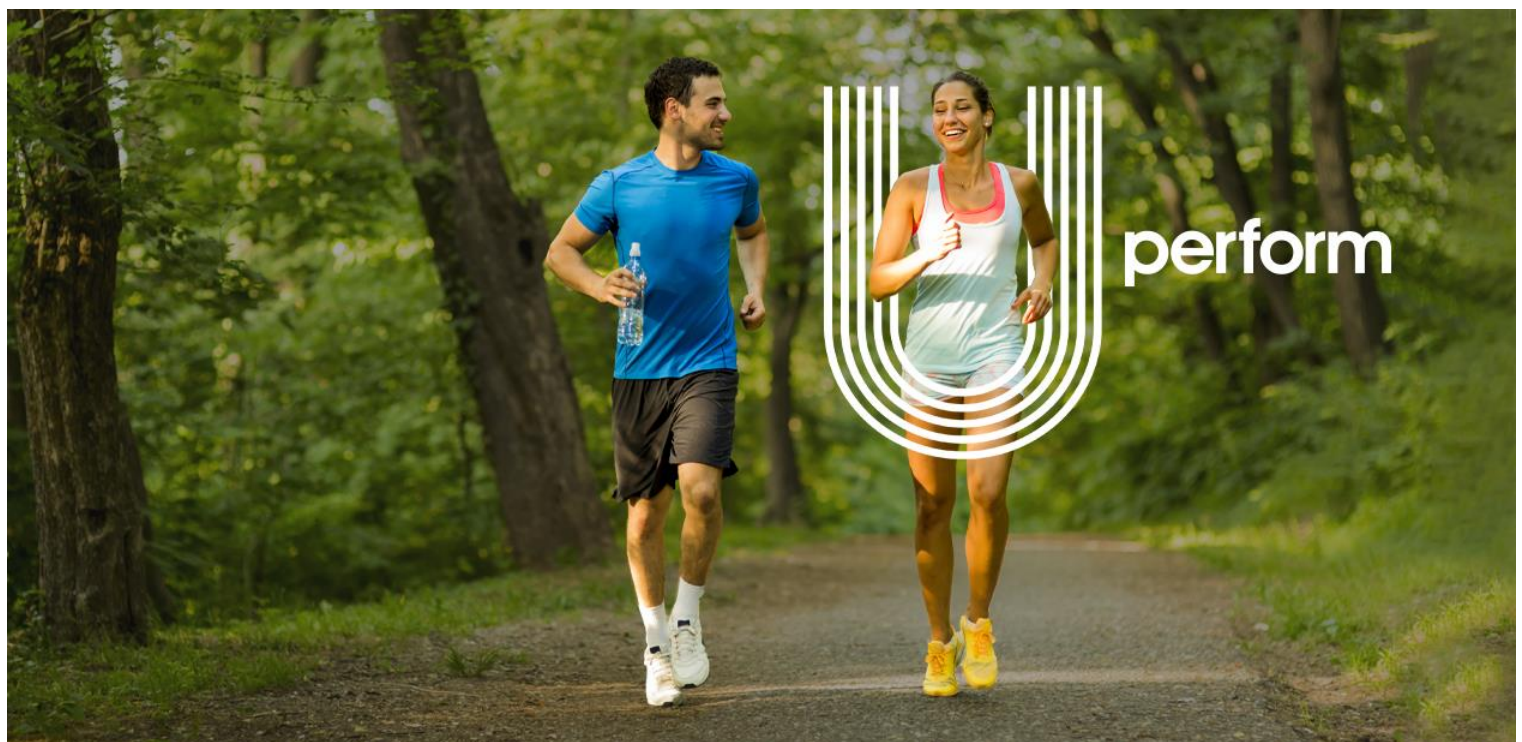
If you don't have a heartrate monitor, there is no need to go out and buy one. Start of by noticing your breathing, and after a few runs you will also be able to gauge your run on perceived effort. As you get fitter, you'll notice you begin to run faster with the same perceived effort and breathing.

Lastly, remember this is a challenge... you will not find this easy... easy is remaining on your couch. So when you have a tough day, or feel like quitting, remember why you started and how proud you'll be for completing the challenge.

You can do this... positively reinforce this mentality daily, with your thoughts and words... tell yourself "I CAN DO THIS!"

Remember to join the Facebook group and let us and the U perform family support you, and share in your achievements. We also have a Strava club, so you can log all your runs, see you improvements and share your journey with us.

We can't wait to celebrate with you!



U to running – 5km challenge

Easy Intensity	Able to hold a full conversation
Moderate Intensity	Just able to hold a conversation
Hard Intensity	Only able to talk in short sentences/words

Week 1	Mon	Run/Walk: 4x (5 minute run at easy intensity; 5 minute brisk walk)
	Wed	Run/Walk: 3x (10 minute run at easy intensity; 5 minute brisk walk)
	Fri	Run/Walk: 10 minute run at moderate intensity; 5 minute walk; 10 minute run at moderate intensity; 5 minute walk; 10 minute run at moderate intensity
	Sat	Run/Walk: 15 minute run at moderate intensity; 5 minute walk; 15 minute run at moderate intensity
Week 2	Mon	Run/Walk: 4x (7 minutes run at easy intensity; 3 minute brisk walk)
	Wed	Run/Walk: 4x (10 minute run at easy intensity; 5 minute brisk walk)
	Fri	Run/Walk: 15 minute run at moderate intensity; 5 minute walk; 5 minute run at moderate intensity; 5 minute walk; 10 minute run at moderate intensity
	Sat	Run/Walk: 15 minute run at moderate intensity; 5 minute walk; 15 minute run at moderate intensity
Week 3	Mon	Run/Walk: 10 minute warm-up including 2x 30 second hard efforts; 1 minute run at hard intensity; 1 minute walk; 2 minute run at hard intensity; 2 minute walk; 3 minute run at hard intensity; 3 minute walk; 2 minute run at hard intensity; 2 minute walk; 1 minute run at hard intensity; 1 minute walk; 10 minute cool-down
	Wed	Run/Walk: 3x (15 minute run at easy intensity; 5 minute brisk walk)
	Fri	Run: 30 minute run at easy intensity
	Sat	Run/Walk: 20 minute run at moderate intensity; 5 minute walk; 20 minute run at moderate intensity
Week 4	Mon	Run: 30 minute run at moderate intensity
	Wed	Run: 10 minute warm-up including 4x 30 second hard efforts; 10x (1 minute run at hard intensity; 1 minute run at easy intensity); 10 minute cool-down
	Fri	Run: 30 minute run at easy intensity
	Sat	Run: 4x (5 minute run at moderate intensity; 5 minute run at easy intensity)

Congratulations you are halfway ☺ look at how far you've already come... you should be very proud of yourself! Why not take a selfie and tag us in your post... we love sharing in your success and being a part of your journey ☺ @uperformuk #uperform

Week 5	Mon	Run: 10 minute run at easy intensity; 5 minute run at hard intensity; 10 minute run at easy intensity; 5 minute run at hard intensity; 10 minute run at easy intensity
	Wed	Run: 10 minute warm-up including 4x 30 second hard efforts; 5x (2 minute run at hard intensity; 1 minute run at easy intensity); 10 minute cool-down
	Fri	Run: 30 minute run at moderate intensity
	Sat	Run: 30 minute run at moderate intensity
Week 6	Mon	Run: 40 minute run at moderate intensity
	Wed	Run: 10 minute warm-up including 2x 30 second hard efforts; 1 minute run at hard intensity; 1 minute run at easy intensity; 2 minute run at hard intensity; 2 minute run at easy intensity; 3 minute run at hard intensity; 3 minute run at easy intensity; 4 minute run at hard intensity; 4 minute run at easy intensity; 3 minute run at hard intensity; 3 minute run at easy intensity; 2 minute run at hard intensity; 2 minute run at easy intensity; 1 minute run at hard intensity; 1 minute run at easy intensity; 10 minute cool-down
	Fri	Run: 40 minute run at moderate intensity
	Sat	Run: 10 minute warm-up including 4x 30 second hard efforts; 10x (1 minute run at hard intensity; 1 minute run at easy intensity); 10 minute cool-down
Week 7	Mon	Run: 40 minute run at moderate intensity
	Wed	10 minute run at moderate intensity; 5 minute run at hard intensity; 10 minute run at easy intensity; 5 minute run at hard intensity; 10 minute run at moderate intensity
	Fri	Run: 40 minute run at moderate intensity
	Sat	20 minute run at moderate intensity; 5 minute run at easy intensity; 20 minute run at moderate intensity; 5 minute run at easy intensity
Week 8	Mon	Run: 40 minute run at moderate intensity
	Wed	Run: 10 minute warm-up including 4x 30 second hard efforts; 10x (1 minute run at hard intensity; 1 minute run at easy intensity); 10 minute cool-down
	Fri	Run: 30 minute run at moderate intensity
	Sat	5km Parkrun ☺

You did it ☺ please share your success on social media and tag us so we can celebrate with you!

@uperformuk #uperform