**Beyond the C25K;**

**A 9 week progression plan for graduates of the C25K**

Congratulations on completing the C25K.

This 3 day a week programme is designed to enable you to maintain the fitness you have acquired and progress to up toward 8km.

You will still be able to progress off of 2 session’s week but you will find that your progression will be slower and you may need to repeat some weeks as you go along.

Ensure you perform at least a 5 minute warm up of walking and mobility exercises prior to running and remember to cool down with a 5 minute walk too to help your muscles recover.

If you are stretching after running only hold each stretch for 10 seconds to avoid damaging your muscles.

If you would prefer a time target instead of 8km aim to run for 45-60 minutes instead.

Time on your feet is important so listen to your body and if you feel you need to walk or slow things down then do, just pick the pace back up when you feel able.

If you feel that the programme is advancing too quickly for you then don’t be put off by needing to repeat a week – everybody is different.

Remember to avoid running on consecutive days to help avoid injury.

If it is safe to do so (in a quite traffic free area) you can create a play list of varied tempo songs. You may be surprised how a well-planned play list can inspire you when running and allow you to vary your pace without realising!

Most importantly savour the sense of achievement each time you run and don’t give up.

Enjoy! Emma.

2 Apr 9 Apr 16 Apr 23 Apr 30 Apr 7 May 14 May 21 May 28 May

(Club Run)

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| Session / Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Session 1 (Saturday) | 5km run | 5km run | 5-6km run | 6km run | 6-7km run | 7km run | 7-8km run | 7-8km run | 8km run |
| Session 2 | Run 10 minutes, Walk 3 minutes, x 3 | Run 10 minutes, Walk 2 minutes, x 3 | Run 12 minutes, Walk 3 minutes, x 3 | Run 12 minutes, Walk 2 minutes, x 3 | Run 12 minutes, Walk 1 minute, x 3 | Run 5 minutes, Walk 1 minute, x 6 | Run 5 minutes, Walk 1 minute, x 7 | Run 5 minutes, Walk 30 seconds, x 7 | Run 5 minutes, Walk 30 seconds, x 8 |
| Session  3 | Run 15 minutes  Walk 5 minutes,  Run 10 minutes | Run 20 minutes  Walk 5 minutes,  Run 10 minutes | Run 25 minutes  Walk 5 minutes,  Run 10 minutes | Run 20 minutes  Walk 3 minutes,  Run 10 minutes | Run 25 minutes  Walk 3 minutes,  Run 10 minutes | Run 20 minutes  Walk 2 minutes,  Run 10 minutes | Run 25 minutes  Walk 2 minutes,  Run 10 minutes | Run 25 minutes  Walk 1 minute,  Run 10 minutes | Run 25 minutes  Walk 1 minute,  Run 15 minutes |