



**The Complete
Couch to 5k**

Worth £65

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About the Authors

Paul Head and Ben Austen

Every year, for over 8 years, 1000's of people have consulted Paul Head and Ben Austen looking for answers to concerning questions about running and running injuries.

Paul is currently undertaking a PhD that is developing cutting edge rehabilitation techniques to significantly improve running injuries. He has extensive experience in private practice dealing with older adults.

Ben is currently head physiotherapist for Surrey Women's County Cricket Club. He has extensive experience in private practice dealing with older adults.

Paul and Ben are renowned specialist's in running technique and injury treatment.

Paul and Ben work with people aged 35-64+ on a daily basis, they are involved in the research of running and lecture extensively on the topic throughout the UK.

Running and exercise plan

This comprehensive couch to 5k programme includes a step-by-step guide to get you started running and build up to 5km safely and effectively.

It also includes a warm up and strength and conditioning exercise programmes to reduce the chances of picking up any injuries.

Guide to run and walk speed

In order to get you running at the correct pace, the plan will make reference to a scale of 1-10 known as your rate of perceived effort.

This is a scale from 1 to 10.

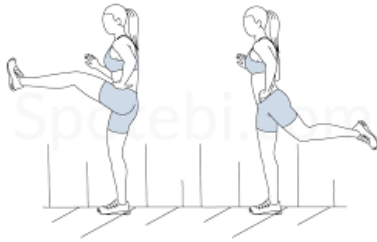
0 = Standing still / no exertion

10 = Maximum speed / maximal effort

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Warm up routine (before every session)

Leg swings – forwards-backwards x 12 each leg



Standing knee hug – 10 seconds each side (Do seated if not able to do in standing)



Stationary Lunges – 5 each side



Quad stretch with calf raise – 5 each side – Maintain quad stretch throughout



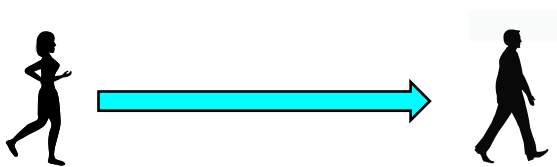
Running Guide – Week 1

3 walk/runs per week

Start **walking** for **5 minutes** at 2-3/10 effort



Start **running** slowly for **1 minute (5/10)** then **walk briskly** for **1 and a half minutes (3/10)** – Repeat this 6 times



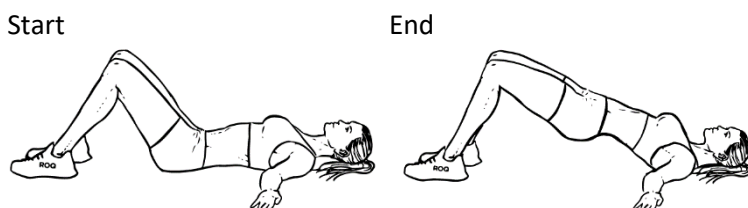
Total run-walk time is 20 minutes

Strength and conditioning programme – Week 1

Double leg glute bridge

Lying on your back on a firm surface with your knees bent. Push your hips up and down. Breath out on the push up.

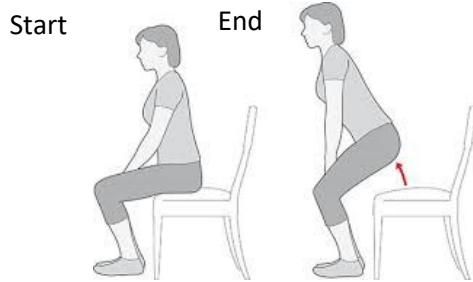
5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



Double leg sit to stand from a chair

Sitting on a chair. Stand up and sit down from the chair. Breath out on the stand up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

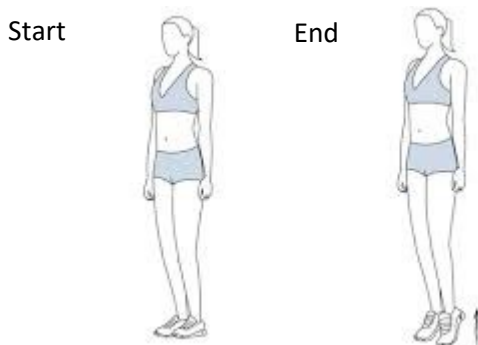
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Double leg standing calf raise

Standing up and lift heels up and down. Breath out on the way up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

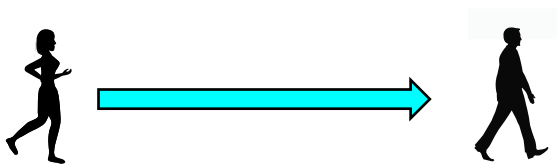
Running Guide – Week 2

3 walk/runs per week

Start **walking** for **5 minutes** at 2-3/10 effort



Start **running** slowly for **90 seconds (5/10)** then **walk briskly** for **2 minutes (3/10)** – Repeat this up to 20 minutes



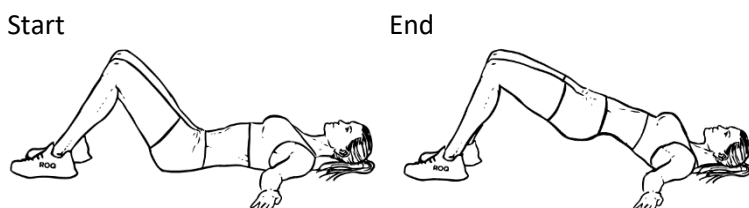
Total run-walk time is 20 minutes

Strength and conditioning programme – Week 2

Double leg glute bridge

Lying on your back on a firm surface with your knees bent. Push your hips up and down. Breath out on the push up.

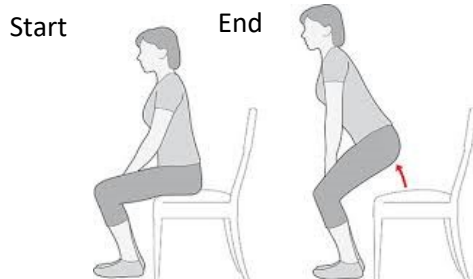
5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



Double leg sit to stand from a chair

Sitting on a chair. Stand up and sit down from the chair. Breath out on the stand up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

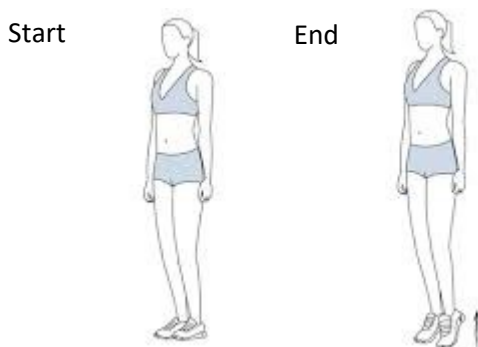


7-8 / VIGOROUS ACTIVITY
Borderline uncomfortable. Short of breath, can speak a sentence

Double leg standing calf raise

Standing up and lift heels up and down. Breath out on the way up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

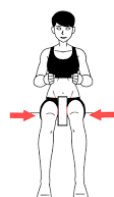


7-8 / VIGOROUS ACTIVITY
Borderline uncomfortable. Short of breath, can speak a sentence

Adductor squeeze

Lying on your back and squeeze your knees together for 5 seconds. Breath throughout.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



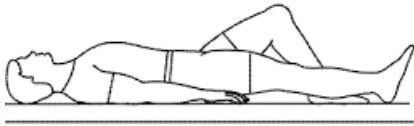
7-8 / VIGOROUS ACTIVITY
Borderline uncomfortable. Short of breath, can speak a sentence

Straight leg raise

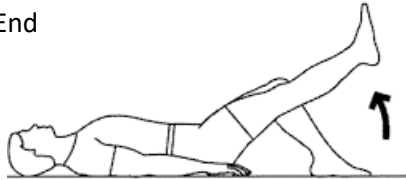
Lying on your back and lift your leg up and down. Breath out when lifting leg up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start



End



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

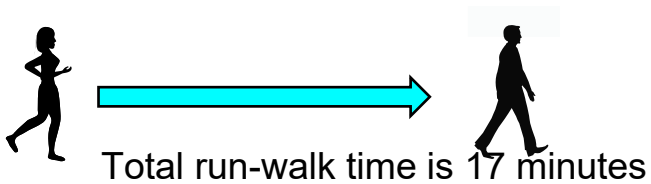
Running Guide – Week 3

3 runs

Start **walking** for **5 minutes** at 2-3/10 effort



2 repetitions of **running** slowly for **90 seconds (5/10)** then **walk briskly** for **90 seconds (3/10)** – Followed by **3 minutes of running** and then **3 minutes of walking**

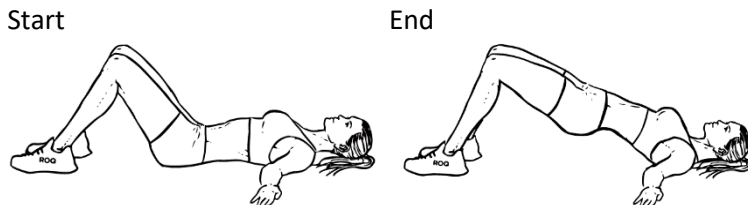


Strength and conditioning programme – Week 3

Double leg glute bridge

Lying on your back on a firm surface with your knees bent. Push your hips up and down. Breath out on the push up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8

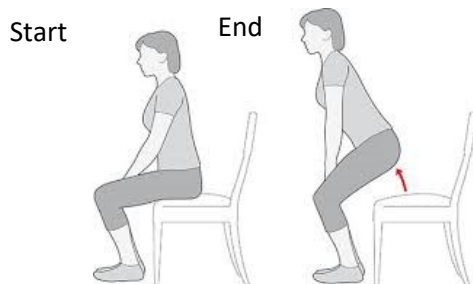
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Double leg sit to stand from a chair

Sitting on a chair. Stand up and sit down from the chair. Breath out on the stand up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8

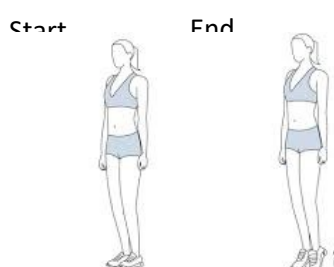
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Double leg standing calf raise

Standing up and lift heels up and down. Breath out on the way up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8

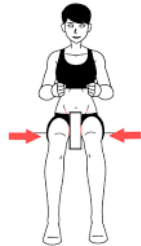
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Adductor squeeze

Lying on your back and squeeze your knees together for 5 seconds. Breath throughout.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

VIGOROUS ACTIVITY

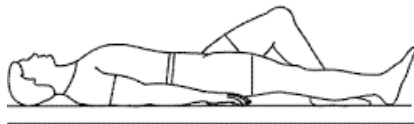
Borderline uncomfortable. Short of breath, can speak a sentence

Straight leg raise

Lying on your back and lift your leg up and down. Breath out when lifting leg up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start



End



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

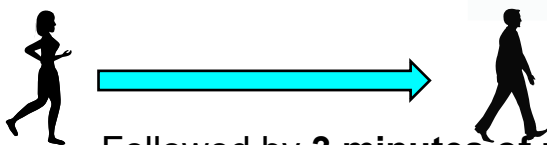
Running Guide – Week 4

3 runs

Start **walking** for **5 minutes** at 2-3/10 effort



Start **running** for **3 minutes (5/10)** then **walk briskly** for **90 seconds (3/10)** – Followed by **5 minutes of running** and then **2 and a half minutes of walking**



Followed by **3 minutes of running** and **2 and a half minutes of walking**, followed by **5 minutes of running**

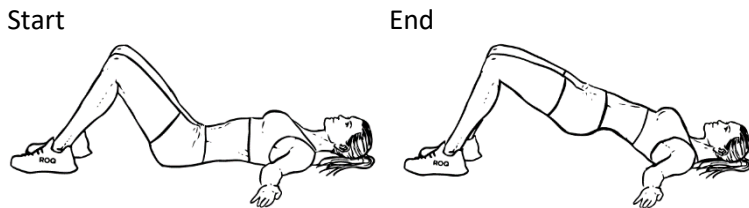


Strength and conditioning programme – Week 4

Double leg glute bridge

Lying on your back on a firm surface with your knees bent. Push your hips up and down. Breath out on the push up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

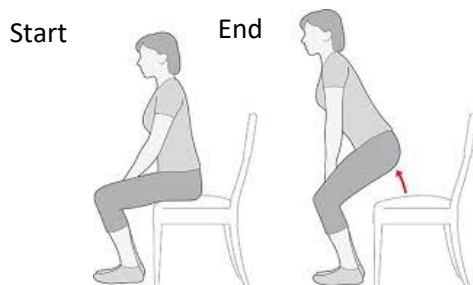
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Double leg sit to stand from a chair

Sitting on a chair. Stand up and sit down from the chair. Breath out on the stand up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

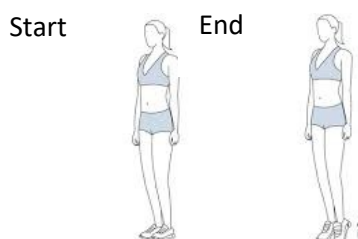
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Double leg standing calf raise

Standing up and lift heels up and down. Breath out on the way up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Copenhagen adduction

Lying on your side and rest upper leg and knee on a chair. Breath out on the lift up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

VIGOROUS ACTIVITY

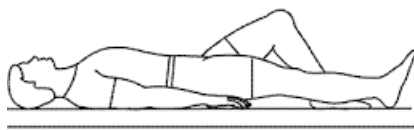
Borderline uncomfortable. Short of breath, can speak a sentence

Straight leg raise

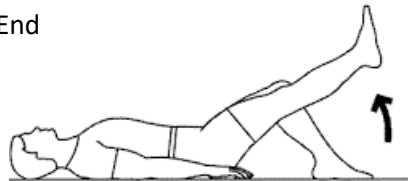
Lying on your back and lift your leg up and down. Breath out when lifting leg up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start



End



7-8 /

VIGOROUS ACTIVITY

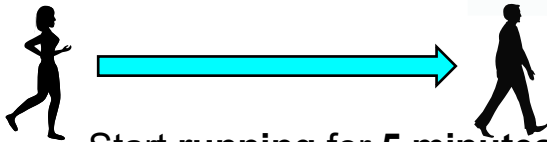
Borderline uncomfortable. Short of breath, can speak a sentence

Running Guide – Week 5

3 different types of run

Run 1

Start **walking** for **5 minutes** at 2-3/10 effort

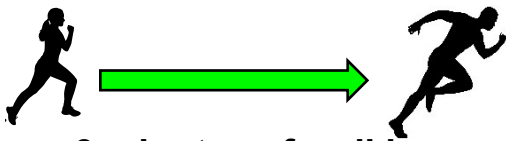


2-3 /

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and carry a conversation

Start **running** for **5 minutes** (5/10) then **walk briskly** for **3 minutes** (3/10) – Followed by **5 minutes of running**



3 minutes of walking

4-6 /

MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging



Followed by **5 minutes of running**



4-6 /

MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Run 2

Start **walking** for **5 minutes** at 2-3/10 effort



2-3 /

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and carry a conversation

Start **running** for **8 minutes** (5/10) then **walk briskly** for **5 minutes** (3/10) – Followed by **8 minutes of running**



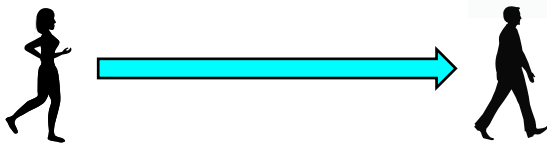
4-6 /

MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Run 3

Start **walking** for **5 minutes** at 2-3/10 effort



2-3 /

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and carry a conversation

Start **running** for **20 minutes (5/10)** with no walking.



4-6 /

MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Finish

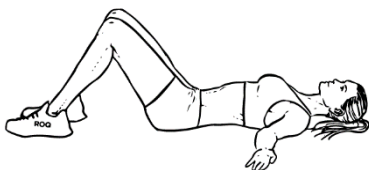
Strength and conditioning programme – Week 5

Double leg glute bridge

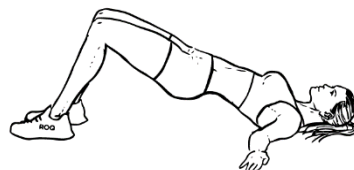
Lying on your back on a firm surface with your knees bent. Push your hips up and down. Breath out on the push up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start



End



7-8 /

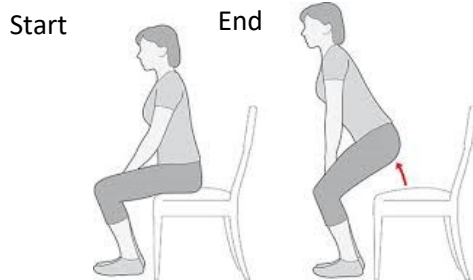
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Double leg sit to stand from a chair

Sitting on a chair. Stand up and sit down from the chair. Breath out on the stand up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

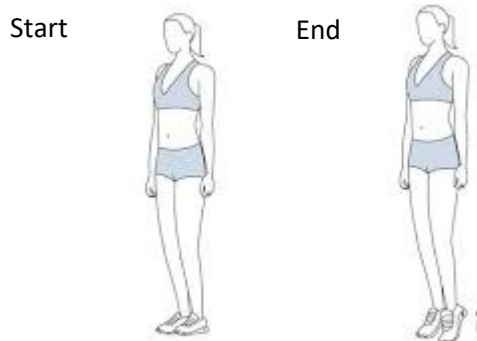
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Double leg standing calf raise

Standing up and lift heels up and down. Breath out on the way up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

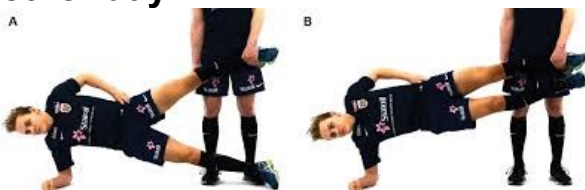
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Copenhagen adduction

Lying on your side and rest upper leg and knee on a chair. Breath out on the lift up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day



7-8 /

VIGOROUS ACTIVITY

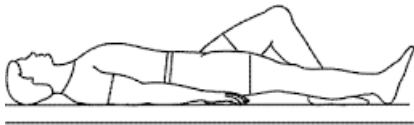
Borderline uncomfortable. Short of breath, can speak a sentence

Straight leg raise

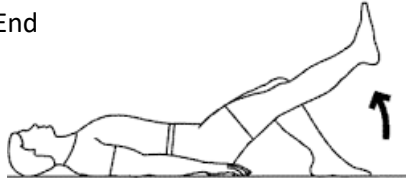
Lying on your back and lift your leg up and down. Breath out when lifting leg up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start



End



7-8 /

VIGOROUS ACTIVITY

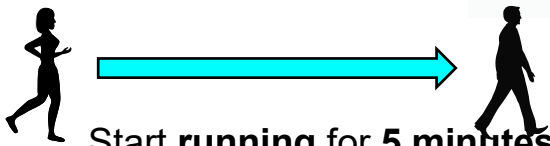
Borderline uncomfortable. Short of breath, can speak a sentence

Running Guide – Week 6

3 different types of run

Run 1

Start **walking** for **5 minutes** at 2-3/10 effort



2-3 /

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and carry a conversation

Start **running** for **5 minutes** (5/10) followed by **3 minutes** of **walking**.

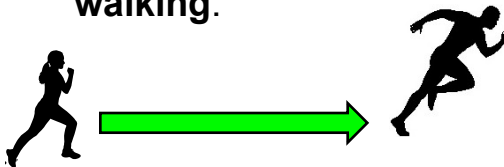


4-6 /

MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Followed by **running** for **8 minutes** (5/10) followed by **3 minutes** of **walking**.



4-6 /

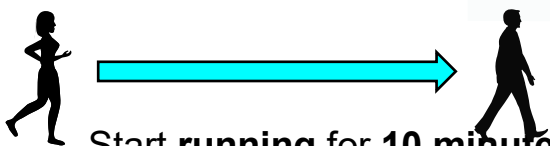
MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Finish with **5 minutes** of **running**

Run 2

Start **walking** for **5 minutes** at 2-3/10 effort

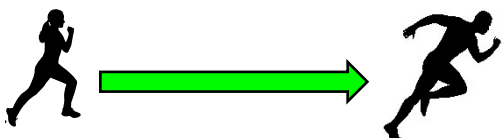


2-3 /

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and carry a conversation

Start **running** for **10 minutes** (5/10) followed by **3 minutes** of **walking**.



4-6 /

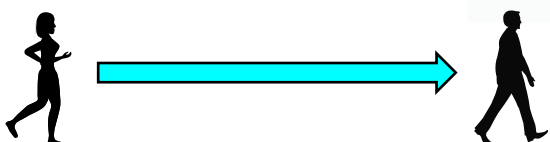
MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Finish with **10 minutes** of **running**.

Run 3

Start **walking** for **5 minutes** at 2-3/10 effort

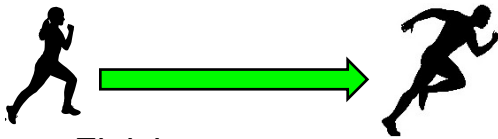


2-3 /

LIGHT ACTIVITY

Feels like you can maintain for hours. Easy to breathe and carry a conversation

Start **running** for **25 minutes (5/10)** followed by **3 minutes** of **walking**.



Finish

4-6 /

MODERATE ACTIVITY

Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Strength and conditioning programme – Week 6

Single leg glute bridge

Lying on your back on a firm surface with your knees bent. Push your hips up and down. Breath out on the push up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start

End



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Single leg sit to stand from a chair

Sitting on a chair. Stand up and sit down from the chair. Breath out on the stand up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start

End



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Single leg standing calf raise

Standing up and lift heels up and down. Breath out on the way up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start

End



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Copenhagen adduction

Lying on your side and rest upper leg and knee on a chair. Breath out on the lift up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

A



B



7-8 /

VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

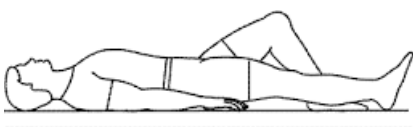
Straight leg raise

Lying on your back and lift your leg up and down. Breath out when lifting leg up.

5-15 repetitions, rest for 60 seconds, repeated 2-3 times, every other day

Start

End



7-8 /

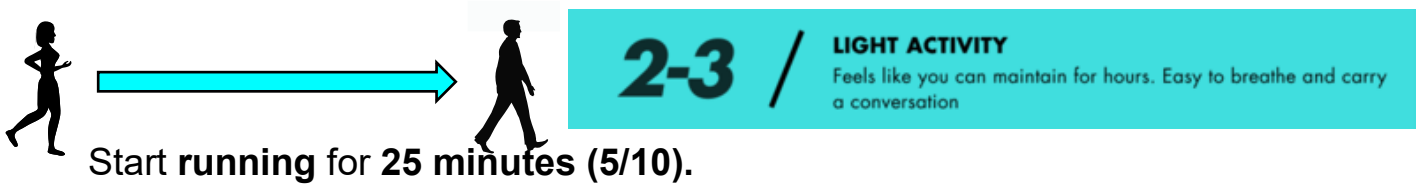
VIGOROUS ACTIVITY

Borderline uncomfortable. Short of breath, can speak a sentence

Running Guide – Week 7

3 runs

Start **walking** for **5 minutes** at 2-3/10 effort



2-3 / LIGHT ACTIVITY
Feels like you can maintain for hours. Easy to breathe and carry a conversation

Start **running** for **25 minutes** (5/10).



4-6 / MODERATE ACTIVITY
Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

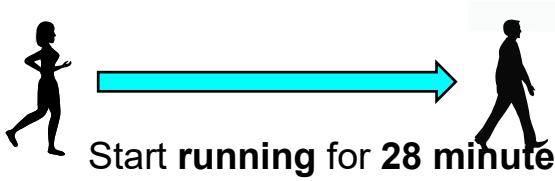
Finish

Continue strength and conditioning programme

Running Guide – Week 8

3 runs

Start **walking** for **5 minutes** at 2-3/10 effort



2-3 / LIGHT ACTIVITY
Feels like you can maintain for hours. Easy to breathe and carry a conversation



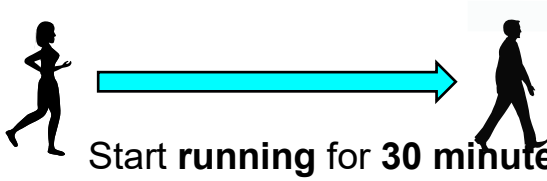
4-6 / MODERATE ACTIVITY
Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Continue strength and conditioning programme

Running Guide – Week 9

3 runs

Start **walking** for **5 minutes** at 2-3/10 effort



2-3 / LIGHT ACTIVITY
Feels like you can maintain for hours. Easy to breathe and carry a conversation



4-6 / MODERATE ACTIVITY
Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging

Continue strength and conditioning programme

Bonus Section

1. Weight management

A number of research studies have shown that by reducing your body weight by 10%, it can improve your joint pain symptoms by up to 60%. This can be achieved by counting the calories that you eat, reducing the amount of sugar and processed foods that you consume and making sure that you eat 5 portions of food and vegetables each day.

2. Regular Physical Exercise

National and international health guidelines state that you should perform 150 minutes of physical activity such as walking or cycling each week. This can be broken into small amounts each day to help you reach the target amount. Regular physical exercise can aid joint pain and symptoms and maintain your general health.

3. Stay Hydrated

This is the big office worker mistake that could be reducing your energy. One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place. Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as consequence of drinking too much of them.

And being dehydrated can cause muscle aches and pains, fatigue and dizziness. So, it's important that you keep your water intake up in an attempt to ease off any extra or unwanted tension in your spine muscles.

Our tip, drink water little and often throughout the day.

Conclusion

We have presented our complete coach to 5k running and strength and conditioning programme. There's obviously so much you can do too, and I could go much more in-depth on ways to end Knee Pain than the principles we have given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to your ability to run and the quality of your life.

I hope this is the beginning of a great, long-term relationship where us at BFR Physiotherapy Clinic and we become the source of leading edge and evidence-based health advice for you and make a real difference to your life.

Dedicated to Your Health,

Paul & Ben

**Paul Head and Ben Austen
Specialist Physiotherapists.**

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Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physiotherapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physio advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Chartered Physiotherapists at BFR Physiotherapy Clinic.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.