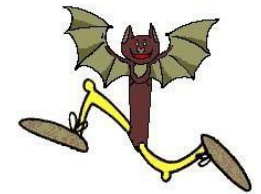
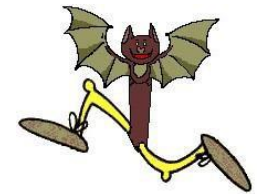


Bere Alston Trekkers (BATs) Beginners / Couch to 5K Programme



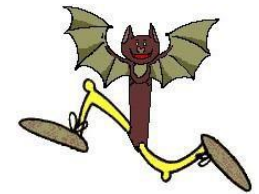
Week	Day	Activity	Comments / Notes / Remarks
1	1	Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.	
	2	Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.	
	3	Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.	
2	1	Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.	
	2	Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.	
	3	Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.	
3	1	Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking	

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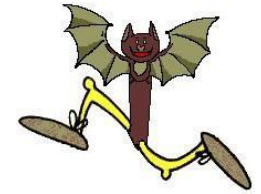
Week	Day	Activity	Comments / Notes / Remarks
	2	Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking	
	3	Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking	
4	1	Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.	
	2	Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.	
	3	Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.	

Bere Alston Trekkers (BATs) Beginners / Couch to 5K Programme



Week	Day	Activity	Comments / Notes / Remarks
5	1	Begin with a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.	
	2	Begin with a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.	
	3	Begin with a brisk five-minute walk, then 25 minutes of running with no walking.	
6	1	Begin with a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.	
	2	Begin with a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.	
	3	Begin with a brisk five-minute walk, then 25 minutes of running with no walking.	
7	1	Begin with a brisk five-minute walk, then 25 minutes running.	

Bere Alston Trekkers (BATs) Beginners / Couch to 5K Programme



Week	Day	Activity	Comments / Notes / Remarks
	2	Begin with a brisk five-minute walk, then 25 minutes running.	
	3	Begin with a brisk five-minute walk, then 25 minutes running.	
8	1	Begin with a brisk five-minute walk, then 28 minutes of running.	
	2	Begin with a brisk five-minute walk, then 28 minutes of running.	
	3	Begin with a brisk five-minute walk, then 28 minutes of running.	
9	1	Begin with a brisk five-minute walk, then 30 minutes of running.	
	2	Begin with a brisk five-minute walk, then 30 minutes of running.	
	3	Begin with a brisk five-minute walk, then 30 minutes of running.	