



WhatsApp

**Beeston**



# Welcome to Runspire Together!

We're thrilled to have you join our **couch to 5K programme**. Whether you're here for fitness, fun, or to improve your mental wellbeing, we're committed to helping you achieve your goals.

We believe everyone can inspire others, and by taking this first step, you're already an inspiration!

No one left behind 

[www.runspiretogether.com](http://www.runspiretogether.com)

## About Runspire Together

Runspire Together is a dedicated charity promoting health, wellbeing, and community through running, walking, and fitness. We empower people of all abilities to get active, support mental health, and build connections, one step at a time. With mottos of **"If we can do it... So can you"** and **"No one left behind"**.



**We're here to support you every step of the way,  
let's get moving!**

### Key Benefits of Joining Us:

- Improve your fitness at your own pace.
- Build friendships and a sense of community.
- Boost your mental wellbeing through activity.
- Gain confidence in a supportive, inclusive environment.

### Our Pricing

**Standard Price:** £2 per session, great for occasional visits.

**Membership:** £15/month unlimited sessions.

**10-Session Pass:** £20 Flexible prepayment, only £2 per session.

We receive support and funding to enhance and make our charity the success it is.

We are proud to be partnered with Travel Well, Green Spaces, British Nordic Walking, Nottinghamshire Mind, Nottingham Forest Trust and Run Together.

We have received funding and support from; Get Out Get Active Nottingham, the team at This Girl Can Nottingham, Active Notts, The National Lottery Community Fund, Warburton's, Coop Midlands, and Sport England. We would like to thank our supporters for the help they have given us to achieve such an awesome group and charity.

# Runspire Nottingham | 10 Week Couch to 5K Course



**Goal:** To support beginners in building up to running 5K continuously

**Structure:** 2–3 sessions per week (group-led, with own runs)

**Session length:** 30–45 minutes

**Weekday suggestion:** Tuesdays & Thursdays (with optional weekend run)

## Week 1:

- Session Structure:
  - 5 min warm-up walk
  - Alternate 60 sec run + 90 sec walk (x6–8)
  - 5 min cool down walk

## Week 2:

- Session Structure:
  - 5 min warm-up walk
  - Alternate 90 sec run + 2 min walk (x6)
  - 5 min cool down walk

## Week 3:

- Session Structure:
  - 5 min warm-up walk
  - Run 90 sec, walk 90 sec
  - Run 3 mins, walk 3 mins (repeat sequence twice)
  - 5 min cool down

## Week 4:

- Session Structure:
  - 5 min warm-up walk
  - Run 3 mins, walk 90 sec
  - Run 5 mins, walk 2.5 mins (repeat sequence once)
  - 5 min cool down

## Week 5:

- Session Structure (Varied Runs)
  - Session 1: Run 5 min, walk 3 min (x3)
  - Session 2: Run 8 min, walk 5 min, run 8 min
  - Session 3: Run 20 minutes continuously

## Week 6:

- Session Structure:
  - Session 1: Run 5 mins, walk 3 mins, run 8 mins, walk 3 mins, run 5 mins
  - Session 2: Run 10 mins, walk 3 mins, run 10 mins
  - Session 3: Run 22 minutes continuously

## Week 7:

- Session Structure:
  - Run 25 minutes continuously (2 sessions)
  - Optional shorter midweek recovery run

## Week 8:

- Session Structure:
  - Run 28 minutes continuously
  - Focus on mindset: “You’re a runner now!”
- Focus: Preparing for the final distance

## Week 9:

- Session Structure:
  - Run 30 minutes continuously (x2)
- Focus: Community encouragement, preparation for 5K graduation

## Week 10:

- Session Structure:
  - Run 5K (approximately 30–40 minutes depending on pace)
- Focus: Pride, achievement, reflection on progress

Join our WhatsApp group to share achievements, celebrate progress, and stay connected with the community.



No one left behind

[www.runspiretogether.com](http://www.runspiretogether.com)



## Staying Connected & Next Steps

### How to Stay Updated:

- Visit our website for schedules, news, and updates.
- Follow us on social media to join the conversation.
- Opt into our email list for reminders and special events.

### Opportunities to Get Involved:

We're always looking for volunteers! Whether you'd like to lead walks, assist at events, or become a mental health champion, let us know.

### Contact Us:

- Website: [www.runspiretogether.com](http://www.runspiretogether.com)
- Email: [paul@runspirenotts.com](mailto:paul@runspirenotts.com)
- Phone: 07482 717 972

### Feedback Matters:

We value your experience, please share your thoughts after sessions so we can continue improving.

### Thank You!

We're so excited to welcome you to the Runspire Together community. If you have any questions ask your friendly group leader or one of our amazing volunteers. Let's make every step count!

**"Inspiring and Changing Lives Through our Vibrant Running and Walking Community"**

### Want to join in at one of our other groups?

Join us for one of our Couch to 5K sessions at the following locations and times:

- **Carlton:** Tuesday at 7:00 PM
- **Bulwell:** Tuesday at 7:00 PM
- **West Bridgford:** Wednesday @ 6:30pm
- **Arnold:** Thursday 7:15pm

