

Couch to 5K Guide

Join our Couch to 5K challenge - farmer-friendly steps to build fitness and energy from the ground up.



Step 1: Start Small

You don't need to run miles today.

Begin with 20–30 minutes, 3 times a week.

Mix brisk walking with short bursts of jogging.

Consistency matters more than speed.

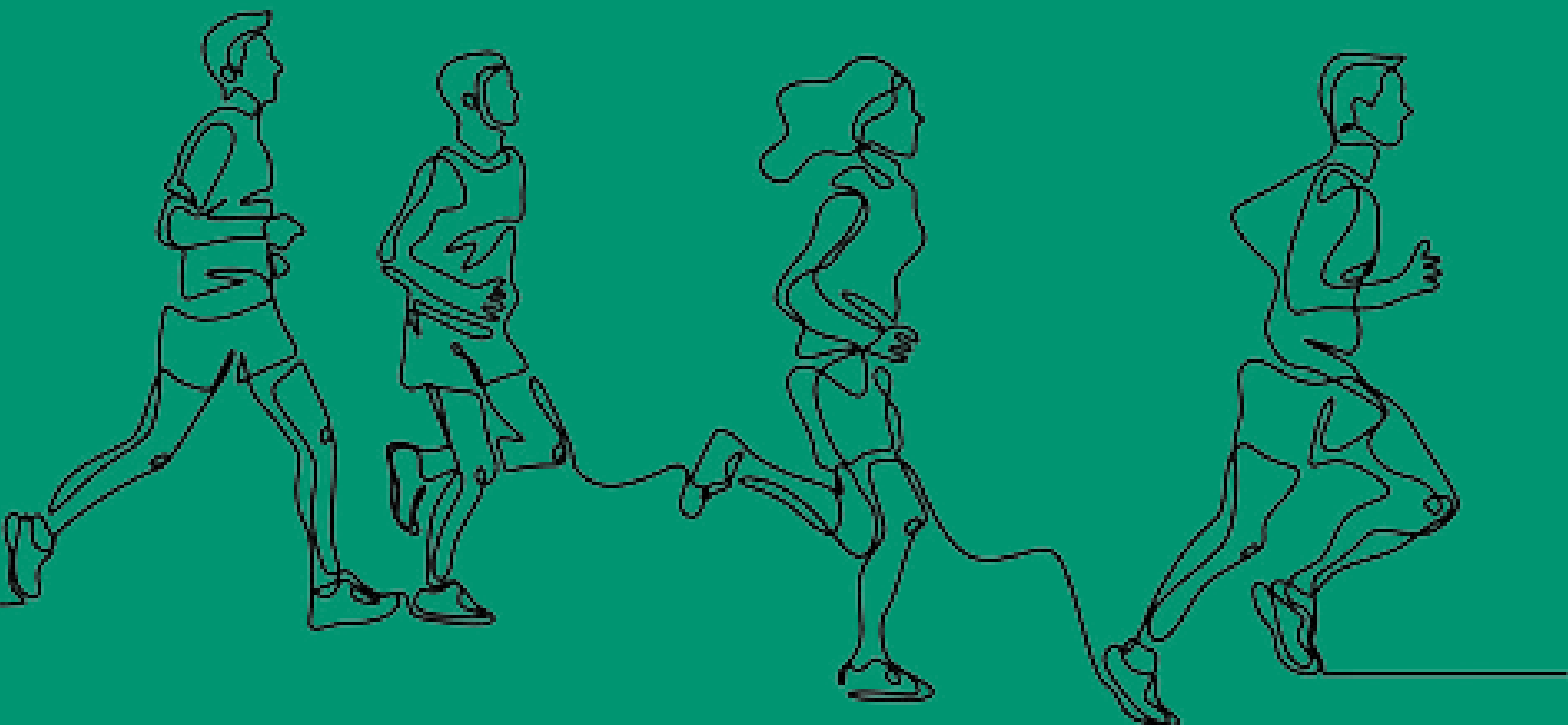


Step 2: Build Gradually

Each week, add a little more running and a little less walking.

Focus on time on your feet, not distance.

Rest days are part of training - let your body recover.



Step 3: Fuel & Hydrate

Farming is physical - running adds extra demand.

- Choose slow-release carbs (like oats or spuds).
- Add protein for muscle repair.
- Keep a water bottle handy on and off the farm.



Step 4: Mind Your Body

Protect your joints and avoid burnout:

- Warm up before you run.
- Stretch after.
- Invest in good runners (your wellies won't cut it!)





Ready to take the first step?

Download your Couch to 5K plan and join the challenge today.

Find resources, trackers, and tips at farmwelhub.ie

You don't have to do it alone - let's get farm fit together!

