

From Couch to 5k



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I'm a 56 year old woman who has never done much exercise and frankly I am unfit and overweight. I have been part of OneSmallStep now for just over a year and am finally ready to take my own OneSmallStep by giving the Couch to 5K app a try.

I agreed to write this blog in support of all the ladies (and men) in Devon, who don't think that they have time or the fitness levels to exercise regularly. My job is mostly home-based so I have never felt that the usual advice about walking to work or getting off the bus a stop early applied to me. I



have a busy life and spend a lot of time in my car, driving to visit my children and family in various parts of the country, which anyone in Devon will know usually means a long drive!

I woke up this morning and decided that today is the day. I have been following the OneSmallStep posts on Facebook and signed up to the OneSmallStep wellness app, Rally, to access tips and support. My mind was willing but my body still wanted that extra half hour in bed. What was different today? Today is the 10th anniversary of my mum's near fatal heart attack. She was 56 — the same age as me. Ironically she was on her way to the gym when she collapsed with a massive heart attack and nearly died. I suddenly thought that could be me.

So off I went. I don't have any fancy running equipment, just an old pair of trainers, some tatty leggings and one of my husband's t-shirts to hide the lumps and bumps. I really like the idea that it's free and I can go at my own pace. I decided to run round the streets near my house, in case I needed to get back home quickly either from exhaustion or embarrassment.

I downloaded the Couch to 5k app from Public Health England and chose my coach — Sarah Millican, the comedian. She has a quirky voice and is an older lady. I'm put off by fit young things telling me what to do next!

I started running and guess what, no one stared or laughed. In fact, I was so busy following the instructions that I had finished my day one run before I knew it. I won't lie, it was really tough for me — a five-minute warm up walk, then a 60-second run followed by a 90-minute walk, repeated until I had completed the programme. I'm not sure what I did could be classed as running, maybe more a light jog, but I was amazed that I had actually run at all. I'm exhausted, breathless and sweaty, but I did it! I took OneSmallStep and completed day one, week one. Thankfully the advice is to have a day's rest between runs so I intend to follow that advice and will be having a go at day two on Friday.

Your next run is scheduled for Friday. We will send you a reminder that morning.

MY RUNS

WEEK 1



Settings



Support