

# Couch to 5K

(Note taking)

## A) Fill In the min map with ONE or Two words from the story:

My parents had a house near the beach when I was a child and my brother and I swam every day. We also played tennis and we even won some tennis competitions.

However, When I left to college, this all changed! I drove everywhere and I ate a lot of the wrong food. I was very unfit.

My friend, James, told me about a running program called Couch to 5K. He said that the plan was the idea of a runner called Josh Clark. In 1996, Josh thought the plan was a good way to help his mum become active. The program runs for nine weeks, aiming to help loungers keep fit.

I found more information about Couch to 5K on the internet. In the first week I walked for five minutes, then I did twenty minutes of walking and running. In week 9, I ran for thirty minutes without stopping three times a week and I felt great! Now I love running - last week I did a ten-kilometre race!

