

Couch to 5K Series

The Couch to 5K Series is delivered bi-annually at TU Dublin in November and March for 5 weeks. Organised and supported by Sport & Healthy Campus at TU Dublin, the initiative encourages students and staff of all fitness levels to get physically active, boost wellbeing and build a community through walking and running. Weekly “meet and train” groups are provided across TU Dublin campuses, led by experienced fitness staff who offer guidance, motivation, and support to beginners and returners alike. Each campus session fosters a welcoming, no-pressure environment with the emphasis firmly on progress over performance. The sessions are complemented with structured weekly training plans and nutritional advice from final year Public Health & Nutrition students. These resources empower individuals to continue their progress independently and fit physical activity and wellbeing into their own schedule.

Each series concludes with celebratory on-campus fun runs with prizes for participation and progress, live DJ set provided by TU Dublin’s DJ Society and a festive, inclusive atmosphere that welcomes runners, walkers, and cheerleaders alike. The fun runs a highlight for many participants and contribute to a sense of belonging, pride, and accomplishment—especially for those completing their first-ever 5K.







