

## Couch to 5k!

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		Weekly Skills to Learn
WEEK									
Week 1									
									Sage Form Running: <a href="https://www.youtube.com/watch?v=UkyBr47DdY0">https://www.youtube.com/watch?v=UkyBr47DdY0</a> (Review all principles this week, and then pick one to focus on each week)
	W	RW	CT	RW	CT	REST	RW		
	25	15	20-30	15	20-30		15		Goal Setting: In your training log, write "why" you are taking on this goal (I suggest asking yourself "why?" a few times to really get to the heart of it.)
Week 2									
									Shoes: Go to your local running store and ask about the different types of shoes and their benefits.* Review "pronation". <a href="https://www.youtube.com/watch?v=LjtnB4whM0">https://www.youtube.com/watch?v=LjtnB4whM0</a>
	W	RW	CT	RW	CT	REST	RW		
	30	15	20-30	20	20-30		20		*Remain open-minded but skeptical when talking to the shoe rep. Remember, their job is to sell. Ultimately, running form is the most important and your shoe should feel good right out of the box.
Week 3									
									Injury Prevention: <a href="https://www.youtube.com/watch?v=6m2_5aN_sPI">https://www.youtube.com/watch?v=6m2_5aN_sPI</a>
	W	RW	CT	RW	CT	REST	RW		
	30	15	20-30	25	20-30		20		<a href="https://www.youtube.com/watch?v=LS99Sfy_KHU">https://www.youtube.com/watch?v=LS99Sfy_KHU</a>

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Week 4									
	W	RW	CT	RW	CT	REST	RW		Nutrition
	30	20	20-30	25	20-30		20		<a href="https://www.youtube.com/watch?v=uNjsCFB5CdY">https://www.youtube.com/watch?v=uNjsCFB5CdY</a>
Week 5									
	W	RW	CT	RW	CT	REST	RW		Form Review: Basic Running Drills
	35	20	20-30	30	20-30		25		<a href="https://www.youtube.com/watch?v=RCKOAYOwm1c">https://www.youtube.com/watch?v=RCKOAYOwm1c</a>
Week 6									
									Destination Run: Treat yourself ! You are over half way through the program. so celebrate by picking a new place to run (or even hike) like at trail or a park a little farther away from home.
	W	RW	CT	RW	CT	REST	RW		
	40	20	20-30	35	20-30		25		
Week 7									
	W	RW	CT	RW	CT	REST	RW		Strength Training for Runners
	40	25	20-30	35	20-30		30		<a href="https://www.youtube.com/watch?v=MGojZnlqUFQ">https://www.youtube.com/watch?v=MGojZnlqUFQ</a>
Week 8									
	W	RW	CT	RW	CT	REST	RW		Yoga for Runners
	35	25	20-30	40	20-30		30		Take a Yoga class or find one on YouTube. Search "Yoga for Runners".
Week 9									
	W	RW	CT	RW	CT	REST	RW		Visualization

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									Start visualizing yourself running the 5k. How do you want to feel? What type of thoughts do you want to be thinking before, during and after the race?
	30	25	20-30	30	20-30		35		
WEEK 10									
	W	RW	CT	RW	CT	R or W	RACE		Celebrate Yourself!
	30	20	20-30	20	20	10-15 min e	5K		
RW=RUN/WALK									
W=WALK									
CT*=CROSS TRAIN									
*Cross training is up to you! Pick something fun that fits well into you life. We also suggest to strength train (especially core) 2-3x a week.									
<b>Run/Walk Intervals: Weekly Suggestions</b>									
Note: "We start where we start" and that is totally fine! These first few weeks are going to be different for everyone. Do what is right for your body!									
Weeks 1-3: I suggest starting with 30 seconds of running, one minute of walking. Others may start with 1 minute of running and 1:30 minutes of walking. Try to build up to at least 2-3 minutes of running.									
Weeks 4-6: Start trying to get your run interval to 4-7 minutes, with 2 minutes of walking. As you progress, keep shortening your walk interval to 1 minute to 30 seconds.									
Weeks 7-8: In these weeks, try to run 10-15 minutes straight without stopping. Take a few minutes of rest before completing your run.									
Weeks 9-10: See if you can run the 20-35 minutes straight. Keep it really slow at first! If you still need the walk intervals, that is totally fine!									
<b>Tip 1: Start slower than you think you should! The # 1 mistake I see with beginner runners is that they start too fast. It should only be slightly faster than a speed walk. This will help you run longer without taking a break. Speed will come later</b>									
<b>Tip 2: Beginning a new habit is hard! Start getting into a routine, pack you running stuff the night before, and tell others what you're plans are/get a running buddy. Remember your "why"!</b>									
<b>Tip 3: You'll have good days and bad days. That's normal! Start to learn the signals your body is giving you, like when to rest and when to push. No training plan is meant to be absolute! It is flexible to each runner.</b>									