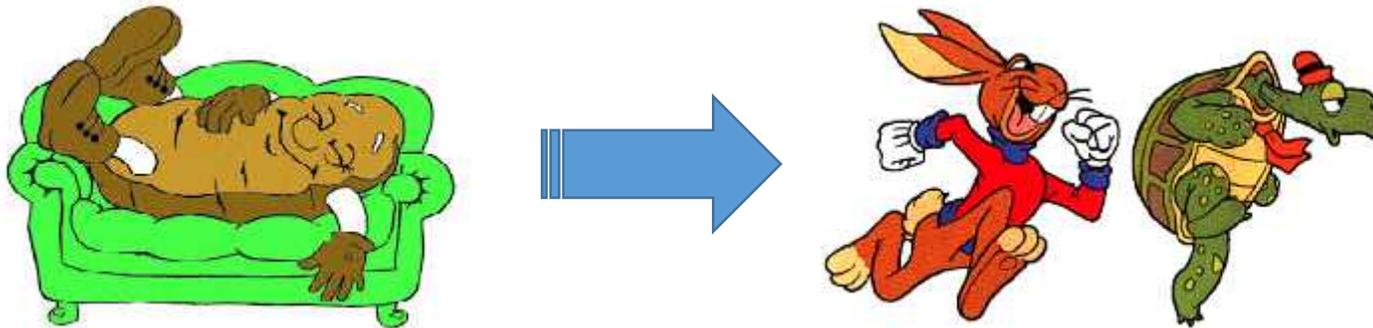




Couch to 5K Program



GUIDELINES

[ABOVE ALL: *Talk with your doctor before starting or changing your exercise program.*]

The idea is to gradually increase your workload over 5 weeks so you're ready to race to your goal. Weeks 2-4 are the weeks we'll really push you. Week 1 is to get you moving and week 5 is to taper off a bit so you've got energy in the tank to go all out on race day.

For Runners: During this training process, run three times per week. On non-running days rest, stretch, do mobility work, walk, hike or crosstrain (weights, anaerobic work, bodyweight exercises, crossfit, body pump, yoga, etc.). Rest one or two days with only mobility work or stretching and some light jog/walking if you want to stay mobile.

For Walkers: During this training process, walk with gusto three times per week really pushing yourself. On non-push days rest, stretch, do mobility work, or crosstrain (weights, anaerobic work, bodyweight exercises, yoga, etc.). Rest one or two days with only mobility work or stretching and some light walking if you if you want to stay mobile.

SCALE: *The key is to do a bit more each time you go out to train.* Your job is to scale where needed (i.e. less or more time, speed, and/or frequency). If any workout is too hard, simply back off and do what you can. If you're not making progress, push yourself a little harder but don't forget to recover properly.

REST: Recovery is as important as training.

MOBILITY: A combination of dynamic stretching (moving a muscle in slow, controlled movements through its full range of motion), and muscle tension release (using a foam roller, massage techniques or a ball to work out muscle kinks).

STRETCHING: Static stretching is when you hold a muscle in a lengthened position for 15-60 seconds.

TECHNIQUE: Be sure to maintain proper walking or running form throughout your training. When your form breaks down, that means you're tired and need rest.

WORKING ZONES:

- **Yellow Zone = Easy Level; you can talk without pausing to catch your breath.**
- **Orange Zone = Moderate level; you're out of your comfort zone but not going all out yet. You can talk but in choppy sentences as you grasp air.**
- **Red Zone = Challenging "All Out" level; no talking.**

WARM UP—Walking:

Spend 5-10 minutes on dynamic stretches for mobility, preparing your body for movement: e.g. Arm circles, leg swings, hip circles, lunges, squats (knee bends), monster walks, skipping, butt kicks and knees hugs.

WARM UP—Running:

- Walk briskly for 1-2 mins to wake up your muscles. Then jog 2-5 mins at an easy, conversational effort to warm your body temp, muscles and joints.
- Run at a moderate to hard effort for 1-2 minutes (not all out).
- Run six 10-second accelerations (work up to a full sprint over the six sets and walk it out to recover).
- Finish with four 15-second skipping drills (focusing on pushing off your toes and reaching your body forward versus up in the air).
- Before any workout, run 5-10 minutes at an easy effort.

Running Interval Workout 1:

- Run 8 x 1 minute at a hard but controlled effort in the red zone. Follow every minute of hard running with one minute walking to recover.

Running Interval Workout 2:

- Run 6 x 2 minutes at a hard but controlled effort in the red zone. Follow every minute of hard running with one minute walking to recover.

Running Interval Workout 1-2-3:

- Repeat the following 3 times:
 - Run one minute at a hard but controlled effort in the red zone followed by one minute easy walk or jog.
 - Run two minutes in the red zone followed by one minute walking and one minute jogging easy to catch your breath and recover.
 - Run three minutes in the red zone followed by one minute walking and two minutes jogging easy to catch your breath and recover.

Running Stamina Workout:

- Repeat the following 3 times:
 - Run one mile at just outside your comfort zone, or a place where you can no longer talk in sentences (at the upper edge of the orange and red zone, A.K.A. your red line).
 - Follow with walking two minutes to catch your breath and recover (take more time if needed.)

Running Endurance Workout:

- Repeat the following 3 times:
 - Run two miles in the yellow zone (easy effort).
 - Run one mile in the orange zone (just outside your comfort zone). Finish the final mile in the red zone (hard, but controlled).
 - Run one mile at just outside your comfort zone, or a place where you can no longer talk in sentences (at the upper edge of the orange and red zone, your "red line").
 - Follow with walking two minutes (or more if needed) to catch your breath.

Running Cool Down: Always cool down by running five minutes at an easy effort and walking three.

(Running Workout Source: <http://www.runnersworld.com/ask-coach-jenny/run-a-5k-faster-with-these-five-fun-workouts>)

TRAINING PLANS

Weeks			Plan	Get On Your Feet:		Make It Happen:		
				Walking Beginner	Running Beginner	Walking Aficionado	Running Aficionado	
1	Days 1-7	Dates	Move more - any moving that goes beyond what you've been doing. Beginners = 5-15 minutes is a good start.	W - 5-15 mins walking TH - Stretch, mobility, rest F - 5-15 mins walking S - 5-15 mins walking Sun - Stretch, mobility, rest M - 5-15 mins walking Tues - Rest	W - 30 Mins: Run 15 sec/Walk 45 TH - Walk 30 mins F - 30 Mins: Run 15 sec/Walk 45 S - Walk 30 mins brisk Sun - Stretch, mobility, rest M - Run/Walk 2 miles Tues - Rest	W - 30 mins walking TH - Stretch, mobility, rest F - 30 mins walking S - 30 mins walking Sun - Rest M - Walk 2 miles (fast pace) Tues - Stretch, mobility, rest	W - Interval x 1 min TH - Mobility, Crosstrain F - Stretch, mobility, rest S - Stamina Sun - Rest M - Run 2 miles 12 min/m Tues - Stretch, mobility, rest	
2	Days 8-14	Dates	Increase 5 to 10 mins from last (if that's too much, even 1 min more is great).	W - 10-25 mins walking TH - Stretch, mobility, rest F - 10-25 mins walking S - 10-25 mins walking Sun - Stretch, mobility, rest M - 10-25 mins walking Tues - Stretch and Rest	W - 35 Mins: Run 20 sec/Walk 40 TH - Walk 35 mins F - 35 Mins: Run 20 sec/Walk 40 S - Walk 35 mins brisk Sun - Stretch and rest M - Run/Walk 2.5 miles Tues - Stretch, mobility, rest	W - 35 mins walking TH - Stretch, rest, etc. F - 35 mins walking S - 35 mins walking Sun - Stretch and rest M - Walk 2.5 miles (fast pace) Tues - Stretch, mobility, rest	W - Interval x 1 min TH - Mobility, Crosstrain F - Stretch, mobility, rest S - Endurance Sun - Stretch and rest M - Run 2 miles 11min/m Tues - Stretch, mobility, rest	
3	Days 15-21	Dates	Big Push week: Double down, working up to 20-40 mins. The race will take: Runners: 25-45 mins; Walkers: 45-70 mins.	W - 20-40 mins walking TH - Stretch, mobility, rest F - 20-40 mins walking S - Stretch, mobility, rest Sun - 20-40 mins walking M - 20-40 mins walking Tues - Stretch and Rest	W - 40 Mins: Run 35 sec/Walk 25 TH - Walk 35 mins F - 40 Mins: Run 25 sec/Walk 35 S - Walk 35 mins brisk Sun - Stretch, mobility, rest M - Run/Walk 3 miles Tues - Stretch and Rest	W - 45 mins walking TH - Stretch, mobility, rest F - 45 mins walking S - 45 mins walking Sun - Stretch, mobility, rest M - Walk 3 miles (fast pace) Tues - Stretch and Rest	W - Interval x 2 mins TH - Crosstrain F - Stretch, mobility, rest S - Stamina Sun - Stretch, mobility, rest M - Run 2 miles, 10 min/m Tues - Mobility, Crosstrain	
4	Days 22-28	Dates	Increase 10% - do a little more than last week - push yourself 5-10 minutes more or push for a faster pace when possible.	W - 30-50 mins walking TH - Stretch, mobility, rest F - 30-50 mins walking S - 10-20 mins stroll, stretch Sun - 30-50 mins walking M - 15-20 mins for speed Tues - Stretch and Rest	W - 40 Mins: Run 40 sec/Walk 20 TH - Walk 35 mins F - 40 Mins: Run 40 sec/Walk 20 S - Walk 35 mins brisk Sun - Stretch and rest M - Run/Walk 3.5 miles Tues - Stretch and Rest	W - 45 mins walking TH - Stretch, mobility, rest F - 45 mins walking S - 45 mins walking Sun - Stretch, mobility, rest M - Walk 3 miles (fast pace) Tues - Stretch and Rest	W - Interval x 2 mins TH - Mobility, Crosstrain F - Stretch, mobility, rest S - Endurance Sun - Stretch, mobility, rest M - Run 2.5 miles 10 min/m Tues - Mobility, Crosstrain	
5	Days 29-35	Dates	Hold steady, don't push too hard but get 40-50 mins	W - 30-50 mins walking TH - Stretch, mobility, rest F - 30-50 mins walking S - 20 mins stroll, stretch Sun - 30-50 mins walking M - Stretch and Rest Tues - 30 -50 mins walking	W - 40 Mins: Run 40 sec/Walk 20 TH - Walk 35 mins brisk F - 40 Mins: Run 40 sec/Walk 20 S - Walk 35 mins brisk Sun - Stretch and rest M - Run/Walk 3 miles Tues - Stretch, mobility, rest	W - 30-50 mins walking TH - Stretch, mobility, rest F - 30-50 mins walking S - 20 mins stroll, stretch Sun - 30-50 mins walking M - Stretch and Rest Tues - 30 -50 mins walking	W - Interval x 1-2-3 TH - Mobility, Crosstrain F - Stretch, mobility, rest S - Stamina Sun - Stretch, mobility, rest M - Mobility, Crosstrain Tues - Leisurely jog/walk/hike	
	Day 36	Date	Rest Day: Day before the race stretch and maybe a short stroll to keep your muscles active.					
	Day 37	Date	Race Day! Go all out!	Shoot for 50-65 mins race time	Shoot for 45 mins race time	Shoot for 45 mins race time	Shoot for 25-30 mins race time!	

TECHNIQUE:

Running Form (Suggestions from several sources):

- **Maintain a short, quick stride.** Do not try to lengthen your stride; avoid reaching forward with your foot, which can lead to over-striding and will set you up for injury.
- **“Run Tall.”** Good posture matters. Stay upright (as if someone is pulling you up from your hair), with a slight forward lean to help propel the body forward (but don’t slump at the waist). Check in on your posture throughout a run and adjust as needed. A tight core helps keep you in line.
- **Stay Pointed Forward:** Shake off that “side-to-side action” in your torso and arms. “Picture your body split down the middle. The movements of each side shouldn’t cross the middle line,” form expert Pete Larson says. Further, “Unless you’re on a trail, don’t stare at the ground or at your shoes,” he advises.
- **Keep your knee in line.** Make sure your foot strikes under your knee, not in front of it, which can lead to injury. It doesn’t matter whether the heel or forefoot hits the ground first, as long as your foot is not in front of your knee. This is especially important when running downhill.
- **Push up and off.** Focus on pushing up and off the ground behind you. Some experts say, imagine you are scraping gum off your shoe or peddling an imaginary bicycle.
- **Comfortable elbows.** Ideally your elbows are bent at 90 degrees or less, but do what feels natural, as long as you are moving your arms forward and back, not side to side.
- **Relax and especially relax your hands.** Relax your shoulders and keep hands loose. Make sure your hands don’t cross your midline and your hands don’t punch forward, both of which can throw off your gait.
- **Pace it.** Consensus is that 180 steps per minute is an optimal cadence for the most efficient stride turnover.
- **Up and Down Tricks:** Special considerations to make when you’re climbing a hill or making a descent according to Runner’s World:

GOING Uphill

Keep your head and chest up
Look straight ahead
Visualize the road rising to meet you
Keep your shoulders back
Push up and off the hill, springing from your toes
Don’t bend at the waist and hunch over
Keep your hands and fists loose



GOING Downhill

Keep your torso upright
Look straight ahead
Visualize “controlled falling”
Keep your nose over your toes
Step softly; don’t let your feet slap the pavement

KEY SOURCES: A vast source for good running technique: <http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/high-school/form/form-101-running-posture>
Also: <http://www.runnersworld.com/run-faster/proper-running-form> : Runner’s World “Proper Running Form” by Jennifer Van Allen , May 23. 2013
And: <http://dailyburn.com/life/fitness/tips-running-form/> : Daily Burn’s interview with running form expert Pete Larson, author of *Tread Lightly: Form, Footwear, and the Quest for Injury-Free Running* and creator of Runblogger.com

TECHNIQUE:

Walking Form (Suggestions from several sources):

Posture and positioning...

- Stand up straight with your feet together, a comfortable space apart. Your toes should be pointed forward, but if a slight angle feels good, that's okay.
- Think of being tall and straight, not leaning forward or backward.
- Imagine a string attached to the top of your head. Feel it lift you up from your hips so you are tall.
- Now engage your core muscles by slightly sucking in your stomach. Keep your rib cage down but relax your shoulders. This will help you maintain good posture while walking.
- Tuck in your buttocks by rotating your hip slightly forward. This keeps you from arching your back or leaning forward.
- Your head will follow where your eyes are looking, so start by looking straight ahead (focusing 10-20 feet in front of you). Keep your chin parallel to the ground.
- Arm motion can lend power to your walking, burning 5-10% more calories and acting as a balance to your leg motion – push back hard with your elbows.
- Bend your elbow 90 degrees, keep your hands loose, never clenched. Keep your elbows close to your body but not above your chest. With each step, the arm opposite of your forward foot should move straight forward, not diagonally. As the foot goes back, the opposite arm comes straight back. Your forward hand should not cross the center point of your body. If at first you find adding arm motion tiring, do it for 5 to 10 minutes at a time and then let your arms rest – even 1-minute intervals work.

The walking step is a rolling motion...

- Tighten your buttocks.
- Strike the ground first with your heel.
- Roll through the step from heel to toe.
- Push off with your toe.
- Bring the back leg forward to strike again with the heel.
- Flexible shoes will ensure you are able to roll through the step.
- If your feet are slapping down rather than rolling through the step, your shoes are likely too stiff or have too high a heel. At first, your shin muscles may tire and be sore until they are strengthened. This is natural when you first start walking for fitness or when you change your foot motion, stride or shoes.
- The push off by your rear foot is the key to walking with power and speed. Unfortunately, many people fall into the bad habit of overstriding - taking a longer step in front. This puts more stress on your lower leg joints and it doesn't give your stride any power. Ask a friend to watch you walk to see if you are overstriding with your usual walking pattern.
- Lengthen your stride in back rather than in front to improve power and efficiency. You don't gain anything by stepping out farther with your forward foot. Think about keeping your back foot on the ground longer and giving yourself a good push off to add power to your stride. Your feet are rolling through the step from heel strike in front to pushing off with your toe in back.
- As you get comfortable with this new walking pattern, you can increase speed by taking more, smaller steps. This is what fast walkers do rather than overstriding.



KEY SOURCES:

Adapted from <http://walking.about.com/od/beginners/ss/Walking-Technique.htm> and the Mayo Clinic.

MOBILITY:

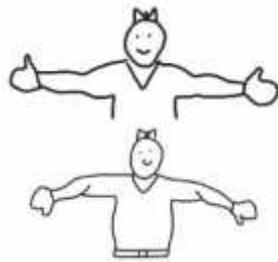
Dynamic Stretches for warming up (movement prep) and for off days. Push-ups, planks, squats (without weights), situps, and skipping can all be added here as well.



Field Goal: Raise arms straight up over head, lower to sides. Repeat slowly several times.



Arm Cross and Hug Flings: Keeping elbows at 90°, cross arms in front of you. Variation: hug yourself and release.



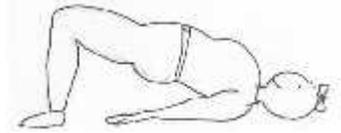
Arm Twists and Arm Circles: Straight arms, turn your wrists to stretch the shoulders. Variation: arm circles, small to wide.



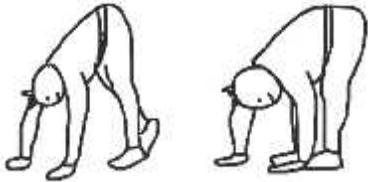
Side Stretch: Cross right foot over left and reach up over head with the left arm, then right arm. Switch legs.



Toe Swipes: Put left foot 12 inches in front of you and lift up your toes. Bend at the hip, reach down and swipe your hands along your foot. Feel a stretch in your hamstrings (back of thighs). Switch sides, alternate back and forth.



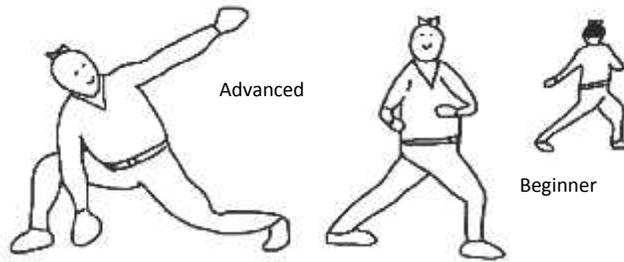
Glute Bridges: Keeping shoulders and head on the ground, lift your hips up to form a line from your knees to neck. Squeeze your buttocks and press from your heels.



Inchworm: Reach down to touch toes (only reach to where you feel a stretch). Touch the floor (bend knees if needed). Walk hands out in front of you as far as desired (to a plank is best), then walk the feet back up to the hands. Repeat.



Walking Knee Hug: Bring your knee toward your chest. Alternate legs as you walk.



Walking Lunge Twist: Step out a little further than your normal walking stride. Dip your back leg and lower your torso toward the ground. Beginners will dip slightly, advanced will have their back knee gently kiss the ground. In the lunge position, twist toward the front leg then away. Switch sides and repeat while walking.

Walking Quad Stretch: Lift your ankle (not your foot) to your buttocks. For added stretch, come up on your supporting leg's toes. For even more stretch, reach up over head with the free arm.



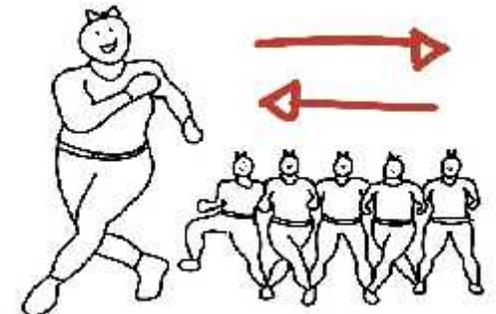
Monster Walk (Kicks): Reach your left toe toward your opposite hand as you walk. Add a skip to make it harder.



Bear Crawl: Walk on your hands and feet. For added difficulty, turn over and crab walk.



Jumping Jacks: Jump and clap your hands over head.



Crossover Walk or Carioca: Cross one foot over the other, raising the knee up to rotate the leg at the hip.