



# Couch to 5k

## HELPFUL GUIDE ON HOW TO COMPLETE YOUR FIRST 5K

Ever want to run a 5k? Here is your chance. No matter where you are with your fitness, you can build up your endurance. Make sure you are in good health before attempting this training program. The training program below has been created to help you achieve your goal



- Running Shoes**  
A decent pair of running shoes is highly recommended.
- Water Bottle**  
Hydration is VERY IMPORTANT since we live in Florida. Running with a sport bottle help keep you hydrated.
- Tracking App or watch**  
Technology has made training simple. Your watch or phone can tell you when it is time to run or walk.
- Stretch**  
Stretching before and after running helps loosen up the muscles and helps prevent soreness as you increase your distance.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Walk	15 min. Quick Walk	Rest or Walk	15 min. Quick Walk	Rest	1.5 Mile Walk	Walk 3min, Jog 2-3min (x4)
2	Rest or Walk	20 min. Quick Walk	Rest or Walk	20 min. Quick Walk	Rest	1.75 Mile Walk	Walk 3min, Jog 2-3min (x4)
3	Rest or Walk	30 min. Quick Walk	Rest or Walk	30 min. Quick Walk	Rest	2 Mile Walk	40-60 min Walk
4	Rest or Walk	40 min. Quick Walk	Rest or Walk	40 min. Quick Walk	Rest	2.25 Mile Walk	45-60 min Walk
5	Rest or Walk	50 min. Quick Walk	Rest or Walk	50 min. Quick Walk	Rest	2.5 Mile Walk	50-60 min Walk
6	Rest or Walk	60 min. Quick Walk	Rest or Walk	60 min. Quick Walk	Rest	2.75 Mile Walk	55-60 min Walk
7	Rest or Walk	Walk 4min, jog 2-3min (x4)	Rest or Walk	Walk 4min, jog 2-3min (x4)	Rest	3 Mile Walk	Walk 3min, jog 5-8min (x5)
8	Rest or Walk	Walk 4min, jog 2-3min (x4)	Rest	Walk 4min, jog 2-3min (x4)	Rest	3 Mile Walk	Walk 3min, jog 5-8min (x5)
9	Rest or Walk	Walk 3min, jog 5-8min (x5)	Rest	1 Mile Run	Rest	3 Mile Walk	1 Mile Run
10	Rest or Walk	Walk 3min, jog 5-8min (x5)	Rest	1.5 Mile Run	Rest	3 Mile Walk	1.5 Mile Run
11	Rest or Walk	1 Mile Run	Rest	1.5 Mile Run	Rest	3 Mile Walk	2 Mile Run
12	Rest or Walk	2 Mile Run	Rest or Walk	2 Mile Run	Rest	Rest	5K Race

# Helpful Hints

**Juggling:** Don't be afraid to juggle the workouts from day to day and week to week. If you have an important business meeting on Thursday, do that workout on Wednesday instead. If your family is going to be on vacation one week when you will have more or less time to train, adjust the schedule accordingly. If this means running hard on successive days, so be it. Program in an extra day of rest to compensate. Be consistent with your training, and the overall details won't matter.

**Rest:** Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest.

**Run:** Don't worry about how fast you run; just cover the distance—or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so.

**Run/Walk:** There's nothing in the rules that suggests you have to run continuously, either in training or in the 5K race itself. Run until fatigued; walk until recovered.

**Walk:** Don't worry about how fast you walk, or how much distance you cover