

# Couch to 5K Training Schedule

**Please Note:** July 7th is the last day to start this program. We recommend that you start it earlier (June is fine). Let us know which Monday you plan to start your training and we'll adjust the dates for your version of this plan.



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #	July 7, 2016	July 8, 2016	July 9, 2016	July 10, 2016	July 11, 2016	July 12, 2016	July 13, 2016
<b>1</b>	jog1/walk1.5 for 20	Rest	jog1/walk1.5 for 20	Rest	jog1/walk1.5 for 20	Rest	Rest
	July 14, 2016	July 15, 2016	July 16, 2016	July 17, 2016	July 18, 2016	July 19, 2016	July 20, 2016
<b>2</b>	jog1.5/walk2 for 20	Rest	jog1.5/walk2 for 20	Rest	jog1.5/walk2 for 20	Rest	Rest
	July 21, 2016	July 22, 2016	July 23, 2016	July 24, 2016	July 25, 2016	July 26, 2016	July 27, 2016
<b>3</b>	2x(jog1.5min/walk1.5min: jog2min/walk2min)	Rest	2x(jog1.5min/walk1.5min: jog2min/walk2min)	Rest	2x(jog1.5min/walk1.5min: jog2min/walk2min)	Rest	Rest
	July 28, 2016	July 29, 2016	July 30, 2016	July 31, 2016	August 1, 2016	August 2, 2016	August 3, 2016
<b>4</b>	jog3/walk1.5;jog5/walk2.5 ; jog3/walk1.5	Rest	jog3/walk1.5;jog5/walk2.5 ; jog3/walk1.5	Rest	jog3/walk1.5;jog5/walk2.5 ; jog3/walk1.5	Rest	Rest
	August 4, 2016	August 5, 2016	August 6, 2016	August 7, 2016	August 8, 2016	August 9, 2016	August 10, 2016
<b>5</b>	2X(jog5/walk3)+jog 5	Rest	jog 3/4mi/walk 1/2mi	Rest	jog 2miles (no walking)	Rest	Rest
	August 11, 2016	August 12, 2016	August 13, 2016	August 14, 2016	August 15, 2016	August 16, 2016	August 17, 2016
<b>6</b>	jog5/walk3;jog8/walk3;jog 5	Rest	jog1mi/walk0.25mi;jog1mi	Rest	jog2.25mi (no walking)	Rest	Rest
	August 18, 2016	August 19, 2016	August 20, 2016	August 21, 2016	August 22, 2016	August 23, 2016	August 24, 2016
<b>7</b>	jog2.5mi	Rest	jog2.5mi	Rest	jog2.5mi	Rest	Rest
	August 25, 2016	August 26, 2016	August 27, 2016	August 28, 2016	August 29, 2016	August 30, 2016	September 1, 2016
<b>8</b>	jog2.75mi	Rest	jog2.75mi	Rest	Jog1mi	Rest	Race (5K)

## 5K Training Guide - Novice Program

Novice runners: Training for Their First 5K Race

**HOW MUCH DO YOU NEED TO TRAIN** to be able to run your first 5K race? Some individuals who possess a reasonably good level of fitness (because they bicycle or swim or participate in other sports) could probably go out and run 3 miles on very little training. They might be sore the week after a race at one of those distances, but they still could finish. But if you've made the decision to run a 5K race, you might as well do it right. The above is an eight-week training schedule to help get you to the finish line of your first 5K race (BTW - 5K is a shade longer than 3 miles).

**To participate in this Couch to 5K training program, you should have no major health problems, should be in reasonably good health. It may be prudent to discuss this program with you physician if you have any doubts about your health prior to starting this program.** If jogging for 60 seconds for your first workout on the first week seems too difficult, you might want to begin by walking, rather than running. Or, if you have significantly more than eight weeks before your 5K race you may wish to complete a walking program. If you have any questions send an email to [TaceDirector@BeautyAndTheBeachRun.com](mailto:TaceDirector@BeautyAndTheBeachRun.com) (our Certified Endurance Running Coach). He will be glad to help you decide on the best training plan for you.

Below are explanations of the terms used in this training schedule.

# Couch to 5K Training Schedule

**Warm-ups & Cool-downs:** Each workout starts and ends with a 5 minute walk. These warm-up and cool-down walks are **very important** and should not either be skipped or shortened. During your 5 minute warm-up start slowly and build up to a brisk walk. Each warm-up should have an increasing brisk walk interval until you are able to walk briskly for the entire 5 minutes. The cool-down period should be the opposite with the beginning being a brisk walk and slowly decreasing your pace until you are at a leisurely pace at the end of the cool-down period.

**The Workout shorthand:** In order to conserve space (so that the entire schedule fits on one page), I have employed a shorthand notation for the workouts which occur between your warm-ups and cool-downs (see above). During the first four weeks all numbers refer to minutes and fractions of a minute. Therefore, "min" is not included in the notation for brevity. For example: "jog<sub>1</sub>/walk<sub>1.5</sub> for 20'" means after the warm-up has been completed (see above) jog for one minute and then walk one and a half minutes and continue alternating the jog and walk intervals for 20 minutes, and then begin your cool-down walk. Please note: starting with the third workout during week five of the schedule the numbers and fractions will all be in miles and will be indicated by "mi" after the distance. For example: "jog<sub>2.5</sub>mi" means run at a pace which allows you to talk

**Jogging workouts:** Put one foot in front of the other and move at a pace which is faster than your fastest walking pace. It sounds pretty simple, and it is. Don't worry about how fast you jog; just complete the time or cover the distance suggested. Ideally, you should be able to jog at a pace that allows you to talk easily while you're in that phase of your workout. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you workout three days of the week: Mondays, Wednesday and Fridays. Feel free to modify the days to fit your particular schedule needs. Try not to workout two days in a row as you need rest days between workouts. See **Rest:** below.

**Rest:** The most important day in any running program is 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. Without recovery days, you will not improve much. In this program, Friday is always scheduled as a day of rest to compliment the easy workouts on Mondays.

Feel free to make minor modifications to suit your own particular schedule needs. If you have any questions send an email to Joe at: [RaceDirector@BeautyAndTheBeachRun.com](mailto:RaceDirector@BeautyAndTheBeachRun.com) (our Certified Endurance Running Coach).