

# Beginner: Couch Potato to 5K

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Too many people have been turned off by running simply by trying to start off too fast. The result: their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.

To begin properly you should ease into your running program gradually. The technical term for easing into running gradually is called periodization. Athletes of all sports and levels have to ease back into training routines gradually to prevent injury and allow their bodies to slowly adapt to the increase load of training.

Another error many people make is in pace. You've got to slow down and even feel at times that you're running ridiculously slow to ease into running. This is not a 100 yard dash and you'll be running consistently from 16 to 45 minutes to complete the 5K distance depending on your abilities. Only collegiate level runners can run near the 16:00 minutes mark for a 5K; then there's the rest of us!

This plan will focus on using time verses distance for your runs: instead of assigning a 2 mile run, we would suggest an 18:00 minute run. However for a 1/3 of the runs we list distance.

Also, you will be given a choice. We suggest everyone run 3 days per week as a standard. The choice comes on the Recovery CT days. What should you do? Well that depends on your goals. If you're a totally new runner with little time for training or if you find the 3 days per week leaving you "dead" in the legs the next day, then use them as 100% rest days, meaning no exercise.

However, if you bounce back well, then you can do cross training on the easy/recovery days. But remember they are recovery days and if you cross train, take it easy. Examples of cross training include: walking, biking, rowing, cycling, aerobics, etc.

This plan will also use the run-walk method to ease you into running. Typically, we'll suggest beginning by jogging one to two minutes and walking two to three minutes. As your training level increases you can adjust your run/walk ratio to running 5 minutes/walking one minute on your long runs.

**Recovery CT (Cross Training) Days:** No running at all. Walk, bike, or swim, if you want to-- just not very hard. Don't regard rest days as "nothing" days, but rather a different kind of training that allows your body to recover while it absorbs and consolidates the strength gains your runs produce.

**REST days** are simply no formal exercise rest days. Enjoy!

## Beginner 5K - Training Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 3-9	Run 5 to 10 min	Recovery CT	Run 5 to 10 min	Recovery CT	REST	Run .5 mile	REST
May 10-16	Run 10 min	Recovery CT	Run 10 to 15 min	Recovery CT	REST	Run .75 mile	REST
May 17-23	Run 15-20 min	Recovery CT	Run 15 min	Recovery CT	REST	Run 1 mile	REST
May 24-30	Run 20 min	Recovery CT	Run 15 to 20 min	Recovery CT	REST	Run 1.5 miles	REST
May 31-June 6	Run 20-25 min	Recovery CT	Run 20 min	Recovery CT	REST	Run 2 miles	REST
June 7-13	Run 25 min	Recovery CT	Run 20-25 min	Recovery CT	REST	Run 2 miles	REST
June 14-20	Run 30 min	Recovery CT	Run 25 min	Recovery CT	REST	Run 2.5 miles	REST
June 21-27	Run 30 min	Recovery CT	Run 30 min	Recovery CT	REST	Run 2.5 miles	REST
June 28-July 3	Run 35 min	Recovery CT	Run 30 min	Recovery CT	REST	Run 3 miles	REST
June 8-14	Run 35 min	Recovery CT	Run 35 min	Recovery CT	REST	Run 3 miles	REST
June 15-21	Run 30 min	Recovery CT	Run 35 min	Recovery CT	REST	Run 4 miles	REST
June 22-28	Run 30 min	Recovery CT	Run 30 min	Recovery CT	REST	Run 4 miles	REST
June 29-Race Week	30 min	Recovery CT	2 miles	REST	REST	Race Day	.

The plan above is simple. Follow the corresponding date, day of the week and prescribed workout. Beginning on Monday, May 3rd, run 5 to 10 minutes as assigned. On Tuesday of the same week you have been prescribed a Recovery CT or easy crossing training workout 10-30 minutes (just keep it easy). On Friday and Sunday, take both days off—no training, no running, no exercise; these are rest and recovery days. On Friday, run the prescribed distance. You may need to take your car out and use the odometer to find land marks for your distance on a selected route. You may consider an out-and-back route. So, for June 19<sup>th</sup> measure .25 miles from your home then run to that point and back. Congratulations, you just ran 0.5 miles!