

Couch to 5K

2021

For Beginning Runners to reach 5K (3.1 mile) running goal by Thanksgiving 2021

Running to 5K

Use this running guide to build up your endurance and muscle strength over the next 6 weeks to hit your goal of running a 5K distance by Thanksgiving week 2021. Grab a good pair of running shoes, make sure to stay well fueled with proper foods and hydrated with plenty of water throughout the weeks and your training sessions. Please remember to do warm up, stretching and a cool down as part of your daily fitness activities. For more guidance and support reach out to your personal trainer Michelle Alpiner at her email: Michelle@JourneytoFitness.us



Good luck and have fun!!

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Rest Day	20 min walk Walking pace avg _____ min/mi	Rest Day	Upper Body Strength or Resistance Workout	Walk 5 min Next 10 min alternate (1 min run, 1 min walk) Finish with 5 min walk avg _____min/mi	Lower Body Strength or Resistance Workout	Walk 5 min Run 5 min easy pace, then walk 5 min avg _____min/mi
2	Rest Day	30 min walk increase pace from last week Pace avg _____ min/mi	Rest Day	Lower Body Strength or Resistance Workout	Walk 5 min Next 10 min alternate (2 min run, 2 min walk) Finish with 5 min walk avg _____min/mi	Strength or Cross- Training Activity	Walk 5 min Run 5 min easy pace then walk 3 min easy pace run 2 min faster pace, Finish with 5 min walk avg _____min/mi
3	Rest Day	30 min walk increase pace from last week Pace avg _____ min/mi	Rest Day	Full Body Strength or Resistance Workout	Walk 5 min Next 20 min alternate (3 min run, 2 min walk) Finish with 5 min walk avg _____min/mi	Lower Body Strength or Resistance Workout	Walk 5 min Run 5 min moderate pace Walk 5 min brisk pace Finish with 5 min run moderate pace avg _____min/mi
4	Rest Day	35 min walk at 16-18 min/mi pace Pace avg _____ min/mi	Rest Day	Lower Body Strength or Resistance Workout	Walk 5 min Next 20 min alternate (3 min run, 1 min walk) Finish with 5 min walk avg _____min/mi	Upper Body Strength or Resistance Workout	Walk 5 min Next 20 min alternate (4 min run, 1 min walk) Finish with 5 min walk avg _____min/mi
5	Rest Day	35-40 min walk at 15-17 min/mi pace Pace avg _____ min/mi	Rest Day	Full Body Strength or Resistance Workout	Walk 5 min Next 35 min alternate (1 min run, 1 min walk) Finish with 5 min walk avg _____min/mi	Strength or Cross- Training Activity	Run 30 min easy pace alternating (5min run, 1 min walk) avg _____min/mi
6	Rest Day	1 mi at easy pace .5 mi harder pace last 1.5mi at 15 min/mi pace avg _____ min/mi	Upper Body Strength Workout	10 min walk, 10min easy pace run, 10 min walk avg _____ min/mi	Rest Day	Rest Day	5K Day! (Pace yourself like you did during your training)

DISCLAIMER OF LIABILITY. Injuries of all types can occur when participating in exercise, physical fitness, and training programs, hence Journey to Fitness, L.L.C strongly encourages all clients to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training and you fully assume the risk of any resulting injury. In consideration of performing or participating in these types of activities this content is being made available and should be used at your own risk.