

THE BASIC TRAINER

FITNESS PROGRAMS



**COUCH
TO
5K**

COUCH TO 5K WORKOUT PROGRAM DISCLAIMER



Consult Your Physician: Before beginning any fitness program, it is imperative that you consult with your physician to ensure that you are medically and physically prepared for the level of activity involved in these programs. Your participation in any exercise program introduced by "The Basic Trainer" should be based on medical advice and clearance from your healthcare provider.

Acknowledgment of Risk: Exercise and fitness activities inherently involve a risk of physical injury. When participating in any exercise or fitness program, there is the possibility of physical injury. By engaging in these fitness programs provided by "The Basic Trainer," you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge "The Basic Trainer" from any and all claims or causes of action, known or unknown, arising out of "The Basic Trainer"'s negligence.

No Substitute for Professional Advice: The information provided in our fitness programs is for educational and informational purposes only and is not intended as medical or healthcare advice. The information provided should not be used as a substitute for professional diagnosis or treatment.

Results May Vary: "The Basic Trainer" makes no warranties or guarantees concerning any particular outcome or results from your use of the fitness programs. As individuals differ, so will results.

Liability Disclaimer: "The Basic Trainer", including its owners, agents, and employees, will not be liable for any damages arising from personal injuries sustained by individuals participating in its fitness programs. By accepting this disclaimer, you acknowledge and agree that you are assuming responsibility for your own safety while participating in our fitness programs.

Agreement: By purchasing and/or using any fitness program from "The Basic Trainer," you acknowledge that you have read this disclaimer and fully understand its terms. You acknowledge that you are participating voluntarily in these programs and agree to this disclaimer's terms and conditions.

COUCH TO 5K WORKOUT PROGRAM OVERVIEW



Maybe you used to LOVE to run. Maybe you've always HATED running. Either way, you know that cardiovascular fitness is important to your health. You know how good it is to get outside and move your body. And you love a good goal-based way to get things back on track.

Sign up for that 5K and get back on the proverbial horse. And instead of waiting until race day to lace up the running shoes that have been collecting dust in the corner of the closet, make a commitment to prepare. You'll run a little better on race day and be healthier for it.

This 6-week program will have you ready to rock on race day, or provide an awesome on-ramp to getting back into running.

MANDATORY DAILY CHALLENGE

Getting in better shape is all about building better habits. Good habits compound, so there's no better way to start building them than by sticking to a simple healthy behavior, first thing, every day.

- Drink at least 12 ounces of water immediately upon waking every day

KEEP GOING

If you want to improve your performance or endurance further, you should continue training beyond this program. Additionally, make sure to listen to your body and adjust the program as necessary to prevent injury. Good luck with your training and have a great time running again.

COUCH TO 5K

PROGRAM CALENDAR

IMPORTANT TIPS

- Ease into it. Don't start where you used to be. Work your way up.
- Do dynamic stretches before running (leg swings, high knees, lunges)
- Make sure you fuel yourself. Lots of protein and carbs are your friend.
- Make sure you hydrate. An extra glass of water or two on running days.
- Have fun. Listen to some tunes. Look at the trees. Breathe in the damn air.

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	30 minute brisk walk	1 minute jog followed by a 1.5 minute walk x 8 (20 minutes total)	Rest	1 minute jog followed by a 1.5 minute walk x 8 (20 minutes total)	Rest	1 minute jog followed by a 1.5 minute walk x 8 (20 minutes total)
2	Rest	30 minute brisk walk	2 minute jog followed by a 1.5 minute walk x 6 (21 minutes total)	Rest	2 minute jog followed by a 1.5 minute walk x 6 (21 minutes total)	Rest	2 minute jog followed by a 1.5 minute walk x 6 (21 minutes total)
3	Rest	30 minute brisk walk	3 minute jog followed by a 1.5 minute walk x 5 (20 minutes total)	Rest	3 minute jog followed by a 1.5 minute walk x 5 (20 minutes total)	Rest	3 minute jog followed by a 1.5 minute walk x 5 (20 minutes total)
4	Rest	30 minute brisk walk	5 minute jog followed by a 1.5 minute walk x 4 (26 minutes total)	Rest	5 minute jog followed by a 1.5 minute walk x 4 (26 minutes total)	Rest	5 minute jog followed by a 1.5 minute walk x 4 (26 minutes total)
5	Rest	30 minute brisk walk	8 minute jog followed by a 2 minute walk x 3 (30 minutes total)	Rest	8 minute jog followed by a 2 minute walk x 3 (30 minutes total)	Rest	8 minute jog followed by a 2 minute walk x 3 (30 minutes total)
6	Rest	30 minute brisk walk	10 minute jog followed by a 2 minute walk x 3 (36 minutes total)	Rest	10 minute jog followed by a 2 minute walk x 3 (36 minutes total)	Rest	10 minute jog followed by a 2 minute walk x 3 (36 minutes total)