

# Couch – 5km



	Day 1	Day 2	Day 3	Day 4
<b>Week 1</b> <i>Sept 4- 10</i>	Run 1 min Walk 1 min (Repeat 10x) <b>Total Workout: 20min</b>	Run 2 min Walk 4 min (Repeat 5x) <b>Total Workout: 30min</b>	Run 1 min Walk 1 min (Repeat 10x) <b>Total Workout: 20min</b>	30- 60 min Brisk Walk (Try trails at Beagle Club Road?)
<b>Week 2</b> <i>Sept 11-17</i>	Run 3 min Walk 3 min (Repeat 4x) <b>Total Workout: 24min</b>	Run 2 min Walk 4 min (Repeat 5x) <b>Total Workout: 30min</b>	Run 3 min Walk 3 min (Repeat 4x) <b>Total Workout: 24min</b>	30-60 min Brisk Walk (Try trails at Rice Lake Conservation Area?)
<b>Week 3</b> <i>Sept 18 - 24</i>	Run 7 min Walk 3 min (Repeat 3x) <b>Total Workout: 30min</b>	Run 3 min Walk 3 min (Repeat 4x) <b>Total Workout: 24min</b>	Run 3 min Walk 3 min (Repeat 4x) <b>Total Workout: 24min</b>	40-60 min Brisk Walk (Try trails on the Port Hope Water Front?)
<b>Week 4</b> <i>Sept 25- Oct 1</i>	Run 8 min Walk 2min (Repeat 3x) <b>Total Workout: 30min</b>	Run 7 min Walk 3 min (Repeat 3x) <b>Total Workout: 30min</b>	Run 8 min Walk 2min (Repeat 3x) <b>Total Workout: 30min</b>	45-60 min Brisk Walk (Try trails through Ferris Park in Campbellford?)
<b>Week 5</b> <i>Oct 2- Oct 8</i>	Run 12 min Walk 3min (Repeat 2x) <b>Total Workout: 30min</b>	Run 8 min Walk 2min (Repeat 3x) <b>Total Workout: 30min</b>	Run 12 min Walk 3min (Repeat 2x) <b>Total Workout: 30min</b>	45-60 min Brisk Walk (Try trails through Ganaraska Forest?)
<b>Week 6</b> <i>Oct 9-Oct 15</i>	Run 15min Walk 1 min (Repeat 2x) <b>Then 8 min Brisk Walk</b>	Run 8 min Walk 2min (Repeat 3x) <b>Total Workout: 30min</b>	Run 12 min Walk 3min (Repeat 2x) <b>Total Workout: 30min</b>	30- 60 min Brisk Walk (Try a Trail at Presqu'ile Provincial Park?)
<b>Week 7</b> <i>Oct 16 - 20</i>	Run 15min, Walk 1 min (Repeat 2x) <b>Then 8 min Brisk Walk</b> <i>(Ideally done on Wednesday)</i>	Run 15min, Walk 1 min (Repeat 2x) <b>Then 8 min Brisk Walk</b> <i>(Ideally done on Friday)</i>	Rest	Race Day! See you at <b>9:00am</b> at Presqu'ile Provincial Park

*Adopted from the Loco-Coco & Food Drive 5km Utah*

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## Consistency is Key for your 5km Journey

Signing up to run a 5km is a HUGE achievement! Your heart, lungs, muscles, bones and brain will thank you.

Dedicate your mind, body, and time to the goal of running a 5km race and you will be able to do it.

Find a workout partner that can help keep you motivated

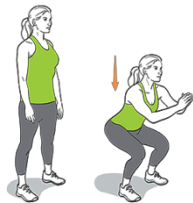
Every time you do a workout within the weekly schedule, CROSS IT OFF. Bring your sheet for a weekly sticker!

### High Intensity Workout

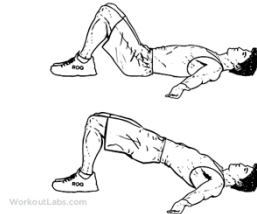
*Try to do this 1-2x per week*

*Do each exercise for 20- 30 seconds w/ 10 sec rest, repeat 2-4x*

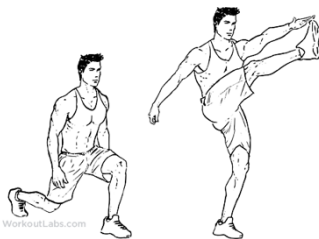
Squat



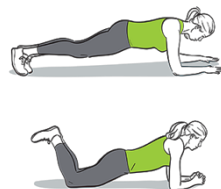
Glute Bridge



Lunge → Kick



Plank



### Tips to Improve Running Style

1. Keep your chin up
2. Take deep breaths through your mouth
3. Swing your arms (ice cream cones to forehead)
4. Lift leg with your knee (think modified high knee)
5. Step on the balls of your feet (or mid- foot)
6. Mind over matter – You can do it!!

*“Physical strength will get you to the start line. But mental strength will get you to the finish line.”*