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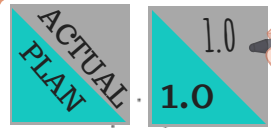
NOT YOUR TYPICAL COUCH TO 5K

X PER WEEK

WEEK	RUN	WALK	MILES	X PER WEEK
1	1 MIN RUN 	2 MIN WALK 	TOTAL 1 MILE	X 2
2	1 MIN RUN 	1 MIN WALK 	TOTAL 1 MILE	X 2
3	2 MIN RUN 	3 MIN WALK 	TOTAL 1.5 MILES	X 2
4	2 MIN RUN 	2 MIN WALK 	TOTAL 1.5 MILES	X 3
5	3 MIN RUN 	1 MIN WALK 	TOTAL 1.5 MILES	X 3
6	4 MIN RUN 	1 MIN WALK 	TOTAL 1.5 MILES	X 3
7	6 MIN RUN 	1 MIN WALK 	TOTAL 2 MILES	X 3
8	10 MIN RUN 	1 MIN WALK 	TOTAL 2 MILES	X 3
9	15 MIN RUN 	1 MIN WALK 	TOTAL 2.5 MILES	X 3
10	25 MIN RUN 	1 MIN WALK 	TOTAL 2.5 MILES	X 3
11	30 MIN RUN 	1 MIN WALK 	TOTAL 3.0 MILES	X 3
12	3.1 MILE RUN 	0 MIN WALK 	TOTAL 3.1 MILES	X 1

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WEEK

1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

COACH LEA'S SUCCESS TIPS:

- ✓ WARM UP BEFORE EVERY RUN
- ✓ TAKE AT LEAST TWO FULL REST DAYS A WEEK
- ✓ TAKE A LEISURELY WALK ON YOUR REST DAYS
- ✓ DO TWO FULL BODY STRENGTH TRAINING SESSIONS A WEEK ON NON-RUNNING DAYS
- ✓ STARTING ON WEEK SIX REPLACE ONE RUN A WEEK WITH HILL REPEATS
- ✓ ONLY RUN ONE TIME DURING WEEK 12, REST YOUR LEGS FOR YOUR 5K!

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During the workout you will alternate between the running and walking intervals for the specified distance. For example for the first week you will run for one minute, then walk for two minutes, then run again for one minute. Keep repeating the run/walk intervals until you reach the specified distance of one mile. If you are in the middle of an interval once you reach your mileage goal, then the choice is yours on how to continue depending on how you feel.

You could either stop the current interval once you hit the mileage goal (for example you may be 45 seconds into a two minute interval) or you could choose to complete the final interval and go over your mileage goal. I leave this up to you to play by ear, depending on how you feel during the run.

Always warm up before every run. Don't skip it. If you don't have time to warm up, then I'd prefer you cut your run 10 minutes short. Yes, it's that important.

Start out running slow. A big mistake new runners make is that they start out too fast and are gassed out before they ever had a chance. Go slower than you think you need. When it feels hard, slow down even more. We can work on speed later, this program is intended to build your endurance.

Take at least two full rest days a week and listen to your body. Take more rest if needed. Rest and recovery is as important as the training, it is all part of the plan. Try to get 7-8 hours of sleep a night. Better sleep quality equals better recovery and better performance. It's important.

You can take a leisurely walk, foam roll or stretch on your rest days. Walking on off days is a great way to build endurance and train "time of your feet."

Do two full body strength training session a week on non-running days.

Starting with week six replace one run a week with hill repeats. Hills will help you build strength and make those flat runs feel oh so easy!

Nutrition is important for performance. If you are training for a 5K, it's a good idea to start fueling like a runner.

Taper during week 12. Your only run should be your goal 5K race of 3.1 miles.

I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in the Fort Worth Shred Shed, online run coaching and nutrition coaching. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help. While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.