

COUCH to 5K



	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Miles
1	Aug 9-15	Rest or Low Impact Cross-Training	Easy Run 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Run	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Easy Long Run 2-5 mi.	5 to 7
2	Aug 16-22	Rest or Low Impact Cross-Training	Easy Run 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Training	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Easy Long Run 2-5 mi.	6 to 8
3	Aug 23-29	Rest or Low Impact Cross-Training	Easy Run 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Training	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Easy Long Run 2-5 mi.	7 to 9
4	Aug 30-Sept 5	Rest or Low Impact Cross-Training	Easy Run 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Training	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Easy Long Run 2-5 mi.	8.5 to 11
5	Sept 6-12	Rest or Low Impact Cross-Training	Easy Run 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Training	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Easy Long Run 2-5 mi.	8.5 to 11
6	Sept 13-19	Rest or Low Impact Cross-Training	Easy Run 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Training	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Easy Long Run 2-5 mi.	10.5 to 13
7	Sept 20-26	Rest or Low Impact Cross-Training	Easy Run 1, 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Training	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Easy Long Run 2-5 mi.	12 to 14.5
8	Sept 27-Oct 3	Rest or Low Impact Cross-Training	Easy Run 1, 2 or 3 mi. Run	Rest or Low Impact Cross-Training	1, 2 or 3 mi. Easy Fartlek Training	Rest or Low Impact Cross-Training	Rest or Low Impact Cross-Training	Rest or Low Run 2-5 mi.	13.5 to 16

Warm-up and Dynamic Stretching: Start each training run with a five minute brisk walk or easy jog and then incorporate dynamic stretching.

Cool Down and Stretch: Be sure to walk or lightly jog to recover your heart rate after training. Stretch or foam roll to keep your body flexible and avoid injury.

Training Intensity and Frequency: An “easy” training pace is defined as 70 to 80% effort (a conversational pace). To successfully progress at least three days of training is the goal. However, aim for four to six days of training each week.

This program is based on Polarized Training and adapted for use by Columbia Association. This program may not be duplicated by any other organizations other than HCC Foundation. Beginning this program assumes each participant has been cleared by a medical doctor to begin a 5K training program.