

8-Week Training Guide



The Couch to 5k program is designed for those who have always wanted to run, but never knew where to start. The 8-week program is designed to allow anyone no matter their fitness level to get started running and improving their fitness. Participants will build up from running/walking intervals to completing a 5K (or 3.1 miles).

Begin this easy-to-follow training guide by midFebruary to be prepared for the 2011 Corporate 5k on April 14th. Feel great and be ready to participate!

Resources:

- **Group training:** Track Shack Fitness Club invites you to **W.R.A.P** (Walk Run Accomplishment Program). A program for beginning runners/ walkers in a coached, group training environment. 10-week session begins Monday, January 10 - March 21, 2011. Locations in Lake Mary and Orlando. Visit www.corporate5k.com for program details.
- **Contact:** Susan Paul, Track Shack Foundation Training Program
407.920.1177 or susiwellness@aol.com
- **Contact:** Sports Medicine Experts at Florida Hospital (407) 303-SPORTS

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
MON	*Walk 15-20 minutes	Walk 20 minutes	Walk 30 minutes	Walk 30 minutes	Walk 2 miles or 25 minutes	Walk 30 minutes	Walk 3 miles or 35 minutes	Walk 30 minutes or X-train
TUE	Walk 25 minutes	Rest or X-train	Walk 2 miles or 25 minutes	Walk 2 miles or 25 minutes	Walk or X-train	Walk 3 miles or 30-35 minutes	X-train or rest	Walk 2-3 miles or 25-30 minutes
WED	Walk or X-train	Walk 20-25 minutes	Walk or X-train	Walk or X-train	Walk 2-3 mile or 20-30 minutes	Rest	Walk 30 minutes	Walk
THU	Walk 20 minutes	Walk 30 minutes	Walk 2 miles or 25 minutes	Walk 2-3 miles or 20-25 minutes	Walk 30 minutes	Walk 2-3 miles or 20-30 minutes	Walk 2-3 miles or 20-30 minutes	IOA Corporate 5k Day!
FRI	Rest	Rest	Rest	Rest	Rest or X-train	Rest or X-train	Rest	
SAT	Walk 2 miles or 25 minutes	Walk 2 miles or 25 minutes	Walk 2-3 miles or 25-35 minutes	Walk 3 miles or 30-40 minutes	Walk 3-4 miles or 30-40 minutes	Walk 3-4 miles or 30-40 minutes	Walk 4-5 miles or 30-40 min	
SUN	Rest	Rest	Rest	Rest	Rest	Rest	Rest	

- Consult a physician before beginning any exercise program.
- *One can substitute walking with jogging at any portion of the training program.
- X-Train = Cross training – Examples include swimming, weightlifting, cycling, etc.