

COUCH TO 5K TRAINING PLAN

Beginning to run can be extremely tough, especially without a plan. The Couch to 5k Training plan can help any new runner start up in their running experience. If you follow it with a positive mindset, you will no doubt succeed.

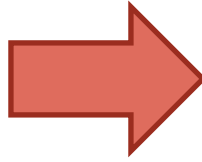
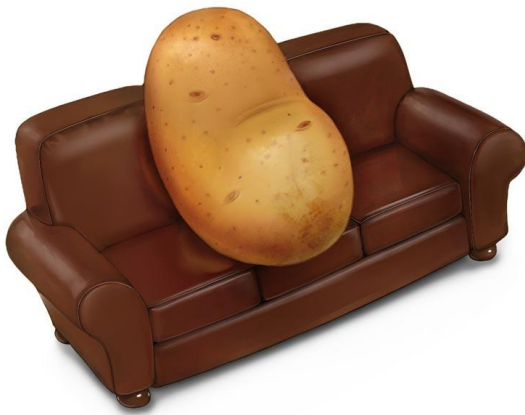
All you need in order to begin this plan is some running shoes, around 10-30 minutes of a few days each week, and 10 weeks' worth of motivation. Once you've started up, then you'll be able to get off that couch and in shape in no time.

How to Use the Plan

Using the Couch to 5k Training Plan is simple. Just start your training on week 1, and progress through the days normally. In the beginning, you will be doing lots of walking as warm ups and cool downs. Later on, when you've experienced long periods of running, you won't need to walk as much. Around week 6, you'll stop walking as a warm up. Around week 9, you'll be done with walking altogether.

COUCH TO 5K TRAINING PLAN

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 3 min jog 5 min walk	Relax!	Relax!
2	5 min walk 3 min jog 5 min walk	Relax!	5 min walk 4 min jog 5 min walk	Relax!	5 min walk 5 min jog 5 min walk	Relax!	Relax!
3	5 min walk 6 min jog 5 min walk	Relax!	4 min jog 5 min walk 4 min jog 5 min walk	Relax!	5 min walk 7 min jog 5 min walk	Relax!	Relax!
4	5 min walk 7 min jog 5 min walk	Relax!	5 min walk 8 min jog 5 min walk	Relax!	5 min walk 9 min jog 5 min walk	Relax!	Relax!
5	5 min walk 9 min jog 5 min walk	Relax!	6 min jog 5 min walk 6 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax!	13 min jog 5 min walk	Relax!	15 min jog 5 min walk	Relax!	Relax!
7	15 min jog 5 min walk	Relax!	8 min jog 5 min walk 8 min jog 5 min walk	Relax!	16 min jog 5 min walk	Relax!	17 min jog 5 min walk
8	17 min jog 5 min walk	Relax!	18 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	Relax!
9	20 min jog	Relax!	12 min jog 5 min walk 12 min jog	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	RACE DAY!



COUCH TO 5K TRAINING PLAN

Tips

- Consult with your doctor prior to beginning any type of exercise program.
- Stretch after every workout to avoid injuries.
- If you start developing an injury, STOP running before it gets worse and take a few days off.
- The training plan is only a rough outline of the perfect plan for you. You can change it as you need to.
- Don't push yourself too hard when you jog. Go at a comfortable pace.
- Hydrate properly and energize yourself at least an hour before you run.
- Make sure you have the correct running shoes.

COUCH TO 5K TRAINING PLAN

How To Choose The Right Running Shoes

For any new runner, the type of running shoes you wear is very important to your well-being. Your running shoes also dictate many aspects of your run, including your comfort level, your injuries, and your running experience in general. So, be wise when looking for the right running shoes!

What Kind of Shoes Should You Buy?

There are three main types of running shoes that you have the option of running in, **neutral**, **stability**, and **motion control**. The type of shoe you should buy all depends on the way you run. You have to determine your **pronation** type.

What is Pronation?

Pronation is simply the way your feet naturally rolls in with each step you take. You cannot change the way your feet pronate. **Neutral pronation** is the proper way feet should roll in, and if you have this kind, you are very lucky. The other two types of pronation are **overpronation**, when your feet roll too far in, and **underpronation**, when your feet roll too far outwards.

How to Find Out Your Pronation Type

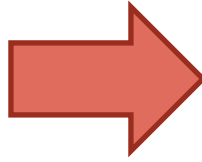
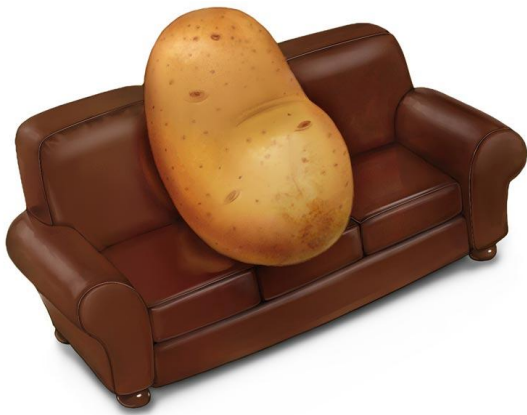
The best way to figure out your pronation type is through either the **wet test** or the **sand test**. The basic concept for both is the same. In both, you must be barefoot. In the **wet test**, you have to wet both of your feet with water. Then, step normally on a brown paper bag or something on which water will show up easily. Then, examine the imprint your feet make. In the **sand test**, you simply normally stand in some sand and check out the imprint that your feet make.

Here are the basic shapes that your feet should make based on what kind of pronator you are.



Hopefully, your foot imprint matches one of the above examples. If you still cannot figure out what kind of pronator you are, then you should try going to your local running store. You can ask a store worker to analyze your gait. Most running stores have a treadmill where you can do this.

Now that you've found out what kind of pronator you are, you can finally choose your shoes. For your first pair of running shoes, you should find a specialty running store near you, so you can find the most appropriate shoes. Most of the time, the people who work there are experts who can guide you. Once you've found a good shoe, you should be fine to get those shoes from anywhere you want.



COUCH TO 5K TRAINING PLAN

Resources

www.runningforbeginners.com

www.c25K.com

www.coolrunning.com

www.loudounroadrunners.org

www.potomacriverrunning.com