COUCH POTATO TO 5K

Attached below is a running program called “Couch Potato to 5K”. Obviously this semester we will not be running a formal 5K, which I am sure you are all excited about. However, this program is a great program if you are interested in getting your fitness levels up and you are able to do these running workouts at pretty much any fitness level. Sometime when I need an idea for a running workout, I will pick one of the workouts that is listed and alter it if necessary.

I have included the dates for each week if you really do want to buy into this workout plan for the rest of the semester. However, if you feel your fitness level is different than what is necessary for week 1, you can always start on a different week. In addition, if you try to move onto a different week and find it too difficult to complete, then repeat the previous week’s workouts again. If you just want to pick a workout to do on any given day, this is a good option for that as well.

IMPORTANT INFORMATION:

Before running:

* Always do a warm up before the workouts. The workout plan calls for a 5 minute brisk walk before each workout. This is the very least warm up required for each workout. I also encourage you all to stretch a little bit before each run as well in order for your muscles to feel more relaxed while running.
* Always make sure you bring water with you and have drank some water beforehand as well. While you are doing your portion of the workout, feel free to drink some water and focus on controlling your breathing.

After running:

* Always remember to drink water after each workout to replenish any lost fluids from the workout. Another good drink to have after each workout is chocolate milk. Chocolate milk has protein and sugar in it which is great for recovering muscles.
* Always stretch after each workout in order to help your muscles recover. If you are not used to running, then the day after running you will probably feel extremely tight if you do not stretch. You can do some of the stretches we do in class, do some yoga, or find a YouTube video of stretches.

IMPORTANT CONSIDERATIONS:

* It is always okay if you need to alter the workouts or the workout plan in order to better suit you. For example, last week I did the workout for week 4, but did an additional repetition since I wanted a longer workout. Opposite of that, you can always add another 30 seconds of walking if you need more rest. Also, if you are at a higher fitness level and want to change up the workout, you could always replace the word “jogging” with the word “sprinting” to make each workout an interval workout instead.

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| **WEEK** | **WORKOUT #1** | **WORKOUT #2** | **WORKOUT #3** |
| **1**  **(April 20 – April 24)** | Do eight (8) repetitions of the following:   * 1 minute of jogging * 90 seconds of walking   Total time: 20 minutes | Do eight (8) repetitions of the following:   * 1 minute of jogging * 90 seconds of walking   Total time: 20 minutes | Do eight (8) repetitions of the following:   * 1 minute of jogging * 90 seconds of walking   Total time: 20 minutes |
| **2**  **(April 27 – May 1)** | Do six (6) repetitions of the following:   * 1:30 minutes of jogging * 2 minutes of walking   Total Time: 21 minutes | Do six (6) repetitions of the following:   * 1:30 minutes of jogging * 2 minutes of walking   Total Time: 21 minutes | Do six (6) repetitions of the following:   * 1:30 minutes of jogging * 2 minutes of walking   Total Time: 21 minutes |
| **3**  **(May 4 – May 8)** | Do two (2) repetitions of the following:   * 90 seconds of jogging * 90 seconds of walking * 3 minutes of jogging * 3 minutes of walking   Total Time: 18 minutes | Do two (2) repetitions of the following:   * 90 seconds of jogging * 90 seconds of walking * 3 minutes of jogging * 3 minutes of walking   Total Time: 18 minutes | Do two (2) repetitions of the following:   * 90 seconds of jogging * 90 seconds of walking * 3 minutes of jogging * 3 minutes of walking   Total Time: 18 minutes |
| **4**  **(May 11 – May 15)** | Do only once:   * 3 minutes of jogging * 90 seconds of walking * 5 minutes of jogging * 2 ½ minutes of walking * 3 minutes of jogging * 90 seconds of walking * 5 minutes of jogging   Total Time: 21 ½ minutes | Do only once:   * 3 minutes of jogging * 90 seconds of walking * 5 minutes of jogging * 2 ½ minutes of walking * 3 minutes of jogging * 90 seconds of walking * 5 minutes of jogging   Total Time: 21 ½ minutes | Do only once:   * 3 minutes of jogging * 90 seconds of walking * 5 minutes of jogging * 2 ½ minutes of walking * 3 minutes of jogging * 90 seconds of walking * 5 minutes of jogging   Total Time: 21 ½ minutes |
| **5**  **(May 18 – May 22)** | Do only once:   * 5 minutes of jogging * 3 minutes of walking * 5 minutes of jogging * 3 minutes of walking * 5 minutes of jogging   Total Time: 21 minutes | Do only once:   * 8 minutes of jogging * 5 minutes of walking * 8 minutes of jogging   Total Time: 21 minutes | Do twenty (20) minutes of jogging with no walking.  Total Time:20 minutes |
| **6**  **(May 25 – May 29)** | Do only once:   * 5 minutes of jogging * 3 minutes of walking * 8 minutes of jogging * 3 minutes of walking * 5 of jogging   Total Time: 24 minutes | Do only once:   * 10 minutes of jogging * 3 minutes of jogging * 10 minutes of jogging   Total Time: 23 minutes | Do twenty-five (25) minutes of jogging with no walking. |
| **7**  **(June 1 – June 5)** | Do twenty-five (25) minutes of jogging. | Do twenty-five (25) minutes of jogging. | Do twenty-five (25) minutes of jogging. |
| **8**  **(June 8 – June 12)** | Do twenty-eight (28) minutes of jogging. | Do twenty-eight (28) minutes of jogging. | Do twenty-eight (28) minutes of jogging. |
| **9**  **(June 15 – June 19)** | Do thirty (30) minutes of jogging. | Do thirty (30) minutes of jogging. | THE FINAL WORKOUT! Do thirty (30) minutes of jogging. |