

It Is Easier Than You Think

From the couch to your first 5K in just five weeks

Depending on your level of fitness, a five-week training program may be enough time to get you ready to walk or run a 5-kilometer (3.1 miles) race. Completing a race can give you a sense of accomplishment, a great day out with the family, as well as a chance to support good causes in your community.

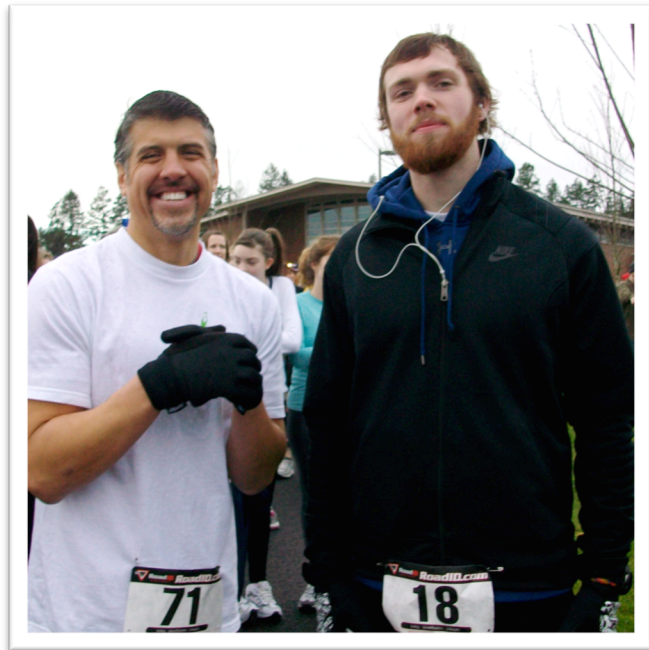
Follow these simple instructions and you'll be off the couch and crossing the finish line in no time!

Remember to stretch and drink water before and after a run, wear good footwear, and eat a small snack - like half a nutritional bar or half a piece of toast with peanut butter - 30-45 minutes before you run. And always check with your doctor before beginning any new exercise.

Week 1: Walk/run at a comfortable pace for 20–25 minutes for four days of the week. Remember to slow down; speed is not as important as distance when starting out. Add variety by alternating one or two of the other days with 20 to 30 minutes of a cardiovascular activity such as biking or swimming.

Weeks 2–5: Follow the same exercise schedule as Week 1, but increase your time by 10% - 15% each week. Increase the running time and distance while gradually decreasing your walk breaks.

Source: [American Council on Exercise](#)



Trust participants Rick and Tad before competing in a 5K fun