IT IS EASIER THAN YOU THINK

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

Depending on your level of fitness, a six-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!

SOUND HEALTH & WELLNESS TRUST

WEEK 1

Walk/run at a comfortable pace for 20–25 minutes for three days of the week. Remember to slow down; speed is not as important as distance when starting out.

WEEKS 2–6

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.

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.

Source: RunnersWorld.com

5K TRAINING: 6-WEEK CALENDAR

SOUND HEALTH & WELLNESS TRUST

WEEK 1

MON	Rest
TUES	Run 1 min, walk 1 min. Repeat x10
WED	Rest
THURS	Run 2 mins, walk 4 mins. Repeat x5
FRI	Rest
SAT	Rest
SUN	Run 2 mins, walk 4 mins. Repeat x5

WEEK 2

MON	Rest
TUES	Run 3 mins, walk 3 mins. Repeat x4
WED	Rest
THURS	Run 3 mins, walk 3 mins. Repeat x4
FRI	Rest
SAT	Rest
SUN	Run 5 mins, walk 5 mins. Repeat x3

WEEK 3

MON	Rest
TUES	Run 7 min, walk 2 min. Repeat x3
WED	Rest
THURS	Run 8 mins, walk 2 mins. Repeat x3
FRI	Rest
SAT	Rest
SUN	Run 8 mins, walk 2 mins. Repeat x3

WEEK 4

MON	Rest
TUES	Run 8 mins, walk 2 mins. Repeat x3
WED	Rest
THURS	Run 10 mins, walk 2 mins. Repeat x2, then run 5 mins
FRI	Rest
SAT	Rest
SUN	Run 8 mins, walk 2 mins. Repeat x3

WEEK 5

MON	Rest
TUES	Run 9 min, walk 1 min. Repeat x3
WED	Rest
THURS	Run 12 mins, walk 2 mins. Repeat x2, then run 5 mins
FRI	Rest
SAT	Rest
SUN	Run 8 mins, walk 2 mins. Repeat x3

RACE WEEK

MON	Rest
TUES	Run 15 min, walk 1 min. Repeat x2
WED	Rest
THURS	Run 8 mins, walk 2 mins. Repeat x3
FRI	Rest
SAT	Rest
SUN	5K Race

COUCH TO 5K

SOUND HEALTH & WELLNESS TRUST

1 WEEK 1

2 WEEK 2

3 WEEK 3

4 WEEK 4

5 WEEK 5

6 RACE WEEK