

# COUCH TO 5K TRAINING PLAN

FOR THE 2022 SMU WELLPWER 5K

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	<b>Walk 35'</b>  Total: 35 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 5'</b> <b>Easy Jog 5'</b> <b>Repeat X 2</b>  Total: 20 mins	<i>Rest Day</i>	<b>Walk 5'</b> <b>Run 2'</b> <b>Repeat X 4</b>  Total: 28 mins	<i>Rest Day</i>  Total Weekly Miles: _____
WEEK 2	<b>Walk 10'</b> <b>Easy Jog 10'</b> <b>Walk 10'</b>  Total: 30 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 6'</b> <b>Jog 8'</b> <b>Walk 6'</b>  Total: 20 mins	<i>Rest Day</i>	<b>Walk 4'</b> <b>Run 3'</b> <b>Repeat X 4</b>  Total: 28 mins	<i>Rest Day</i>  Total Weekly Miles: _____
WEEK 3	<b>Walk 10'</b> <b>Easy Jog 15'</b> <b>Walk 5'</b>  Total: 30 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 5'</b> <b>Jog 10'</b> <b>Walk 5'</b>  Total: 20 mins	<i>Rest Day</i>	<b>Walk 4'</b> <b>Run 4'</b> <b>Repeat X 4</b>  Total: 32 mins	<i>Rest Day</i>  Total Weekly Miles: _____
WEEK 4	<b>Walk 10'</b> <b>Easy Jog 20'</b> <b>Walk 5'</b>  Total: 35 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 4'</b> <b>Run 14'</b> <b>Walk 4'</b>  Total: 22 mins	<i>Rest Day</i>	<b>Walk 4'</b> <b>Hard Run 4'</b> <b>Repeat X 4</b>  Total: 32 mins	<i>Rest Day</i>  Total Weekly Miles: _____
WEEK 5	<b>Walk 5'</b> <b>Jog 25'</b> <b>Walk 5'</b>  Total: 35 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 4'</b> <b>Run 18'</b> <b>Walk 4'</b>  Total: 26 mins	<i>Rest Day</i>	<b>Walk 3'</b> <b>Hard Run 4'</b> <b>Repeat X 4</b>  Total: 28 mins	<i>Rest Day</i>  Total Weekly Miles: _____
WEEK 6	<b>Walk 5'</b> <b>Jog 30'</b> <b>Walk 5'</b>  Total: 40 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 4'</b> <b>Run 22'</b> <b>Walk 4'</b>  Total: 30 mins	<i>Rest Day</i>	<b>Walk 3'</b> <b>Hard Run 5'</b> <b>Repeat X 4</b>  Total: 32 mins	<i>Rest Day</i>  Total Weekly Miles: _____
WEEK 7	<b>Walk 5'</b> <b>Jog 35'</b> <b>Walk 5'</b>  Total: 45 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 4'</b> <b>Run 25'</b> <b>Walk 4'</b>  Total: 33 mins	<i>Rest Day</i>	<b>Walk 3'</b> <b>Hard Run 5'</b> <b>Repeat X 4</b>  Total: 32 mins	<i>Rest Day</i>  Total Weekly Miles: _____
WEEK 8	<b>Walk 5'</b> <b>Easy Jog 30'</b> <b>Walk 5'</b>  Total: 40 mins	<i>Rest Day</i>	<i>Rest Day</i>	<b>Walk 4'</b> <b>Run 15'</b> <b>Walk 4'</b>  Total: 23 mins	<i>Rest Day</i>	<b>10-20 minute</b> <b>Easy Jog</b>	<b>Race Day!</b>  <b>5k Time:</b>  _____

P R O M O T I N G

*H E A L T H A N D F I T N E S S*

W I T H I N T H E S M U C O M M U N I T Y

## C O A C H ' S N O T E S

1. Please join the [SMU Virtual Applied Physiology Club on Strava](#).
2. Set a goal time for your 5k. Keep in mind that the average walker finishes a 5k between 45-60 minutes so if you are planning to run the 5k, a reasonable and **attainable goal for a lot of individuals is between 30 and 45 minutes**. An important aspect of setting a smart goal is to make it attainable so don't be afraid to adjust your goal after starting the 5k training plan and evaluating where you're currently at!

5k Goal Time: \_\_\_\_\_

3. Get familiar with the 5 different paces the training plan assigns:
  1. **Walk**- A “**brisk walk**” where heart rate and breathing are elevated from rest
  2. **Easy Jog**- The “**most comfortable**” running pace for the athlete. Almost the slowest physically possible running pace.
  3. **Jog**- The “**not quite uncomfortable**” running pace where breathing is still controlled but fatigue will start after 10+ minutes.
  4. **Run**- The “**uncomfortable**” running pace but it can be dealt with. Breathing may be difficult to control. **This pace should correlate to the goal pace for your 5k.**
  5. **Hard Run**- The “**extremely uncomfortable**” running pace. Breathing will be heavy and legs should have burning sensation towards the end of the intervals. This pace is only assigned for shorter time intervals and therefore gives the athlete time to recover since it should be faster than goal race pace.

**Please note this couch to 5k training plan is designed for individuals with a goal time of between 30- 45 minutes.** If you do not fall into this category make reasonable adjustments for your current fitness level. This could include reducing or adding time and/or making the suggested paces easier or harder.