



Outdoor/Treadmill 5K Training (3.1 miles)							
Weeks	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
1	Walk 3min- run 1 min	Cross Train	Walk 3min- run 1 min	Cross Train	Walk 3min- run 1 min	Cross Train	Rest
	20 min	45 min	20 min	45 min	20 min	45 min	
2	Walk 3min- run 1 min	Cross Train	Walk 3min- run 1 min	Cross Train	Walk 3min- run 1 min	Cross Train	Rest
	25 min	45 min	25 min	45 min	25 min	45 min	
3	Run 3min Walk1 min	Cross Train	Run 3min Walk1 min	Cross Train	Run 3min Walk1 min	Cross Train	Rest
	25 min	45 min	25 min	45 min	25 min	45 min	
4	Jog/Run	Cross Train	Jog/Run	Cross Train	Jog/Run	Cross Train	Rest
	20-25 min	45 min	20-25 min	45 min	20-25 min	45 min	
5	Jog/Run	Cross Train	Jog/Run	Cross Train	Jog/Run	Cross Train	Rest
	20-24 min	45 min	20-24 min	45 min	20-24 min	45 min	
6	Jog/Run	Cross Train	Jog/Run	Cross Train	Jog/Run	Cross Train	Rest
	1.5 miles	45 min	1.5 miles	45 min	1.5 miles	45 min	
7	Jog/Run	Cross Train	Jog/Run	Cross Train	Jog/Run	Cross Train	Rest
	1.5 miles	45 min	1.5 miles	45 min	1.5 miles	45 min	
8	Jog/Run	Cross Train	Jog/Run	Cross Train	Jog/Run	Cross Train	Rest
	2 miles	45 min	2 miles	45 min	2 miles	45 min	
9	RUN	Cross Train	RUN	Cross Train	RUN	Cross Train	Rest
	2 miles	45 min	2 miles	45 min	2 miles	45 min	
10	RUN	Cross Train	RUN	Cross Train	RUN	Cross Train	Rest
	2.5 miles	20 min	2.5 miles	45 min	2.5 miles	45 min	
11	RUN	Cross Train	RUN	Cross Train	RUN	Cross Train	Rest
	2.5 miles	2 miles	2.5 miles	45 min	2.5 miles	45 min	
12	RUN	Cross Train	RUN	Cross Train	RUN	Cross Train	Rest
	3 miles	45 min	3 miles	45 min	3 miles	45 min	
Helpful Tips	<p>Cross training: perform non-running activiies such as, strength training, swimming or yoga.</p> <p>Cross training increases fitness without putting stress on taxed muscles. Preform speed intervals: 1 minute easy pace, then 30 seconds moderate/ fast pace, this will help with endurance,stamina and distance. Rest: this is your body's needed chance to recover</p>						

The Couch-to-5K ® Running Plan Our beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just two months.

By Josh Clark

Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.

You should ease into your running program gradually. In fact, the beginners' program we outline here is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you running three miles (or 5K) on a regular basis in just two months.

It's easy to get impatient, and you may feel tempted to skip ahead in the program, but hold yourself back. Don't try to do more, even if you feel you can. If, on the other hand, you find the program too strenuous, just stretch it out. Don't feel pressured to continue faster than you're able. Repeat weeks if needed and move ahead only when you feel you're ready.

A few minutes each week

Each session should take about 20 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. This program will get you fit. (Runners who do more than this amount are doing it for more than fitness, and before long you might find yourself doing the same as well).

Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

Run for time, or run for distance

There are two ways to follow this program, to measure your runs by time or by distance. Either one works just as well, choose the option that seems easiest for you to keep track of. If you go with the distance option, and you are not using a track to measure the distances, just estimate. It's not important to have the distances absolutely exact.

Before setting out, make sure to precede each session with a five-minute warmup walk or jog. Be sure to stretch both before and after.

The Couch-to-5K® Running Plan

Find out more about the Couch-to-5K Running Plan at:
http://www.coolrunning.com/engine/2/2_3/181.shtml

Week	Workout 1	Workout 2	Workout 3
1	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none">• Jog 200 yards (or 90 seconds)• Walk 200 yards (or 90 seconds)• Jog 400 yards (or 3 minutes)• Walk 400 yards (or three minutes)	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none">• Jog 200 yards (or 90 seconds)• Walk 200 yards (or 90 seconds)• Jog 400 yards (or 3 minutes)• Walk 400 yards (or three minutes)	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none">• Jog 200 yards (or 90 seconds)• Walk 200 yards (or 90 seconds)• Jog 400 yards (or 3 minutes)• Walk 400 yards (or three minutes)

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Brisk five-minute warmup walk, then:

- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

Brisk five-minute warmup walk, then:

- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

Brisk five-minute warmup walk, then:

- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 2-1/2 minutes)
- Jog 1/4 mile (or 3 minutes)
- Walk 1/8 mile (or 90 seconds)
- Jog 1/2 mile (or 5 minutes)

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Brisk five-minute warmup walk, then:

- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 1/2 mile (or 5 minutes)

Brisk five-minute warmup walk, then:

- Jog 3/4 mile (or 8 minutes)
- Walk 1/2 mile (or 5 minutes)
- Jog 3/4 mile (or 8 minutes)

Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.

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Brisk five-minute warmup walk, then:

- Jog 1/2 mile (or 5 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 3/4 mile (or 8 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 1/2 mile (or 5 minutes)

Brisk five-minute warmup walk, then:

- Jog 1 mile (or 10 minutes)
- Walk 1/4 mile (or 3 minutes)
- Jog 1 mile (or 10 minutes)

Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.

7	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).
8	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
9	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).



Distance Logs

- Use a distance log template, or create your own, based on the number of days per week you plan to hold your program, the number of weeks you plan to implement your program and the final distance or type of culminating event you are planning.
- Examples are based on eight (8) week programs; however, you are encouraged to distribute the distances throughout a program of ten (10) or more weeks if conditions allow.
- For each day you hold your running program select an activity from the sample plans provided or use your own ideas to incorporate fun, new concepts, themes and skills into the daily run.
- Record distances each day you meet to keep track of each student's weekly mileage and overall mileage throughout the extent of the program.
- Be creative!

Some Other Tips and Guidance for Adding Variety to Your Program (taken from www.Justrun.org)

If your program is ONE day a week:

1/2 the time should be drills/relays/races

1/2 the time should be endurance based - running longer each week.

If your program is TWO days per week:

1 day should be drills/relays/races

1 day should be endurance based - running longer each week.

If your program is THREE days per week:

2 days should be drills/relays/races

1 day should be endurance based - running longer each week.

If your program is FOUR days per week:

2 days should be drills/relays/races

2 days should be endurance based - running longer each week.

If your program is FIVE days per week:

3 days should be drills/relays/races

2 days should be endurance based - running longer each week.



STUDENT DISTANCE LOG TEMPLATE 1: Culminating Event - 1 Mile Run (beginner example)

Student Name: _____

Start Date: _____

Final Event: _____

Final Event Date: _____

My personal running goal is: _____

I am committed to running because: _____

Student Signature _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Overall Total
1	0.5 miles		0.5 miles		0.5 miles			1.5 miles	
2	0.5 miles		.75 miles		.75 miles			2 miles	3.5 miles
3	.75 miles		.75 miles		1 mile			2.5 miles	6 miles
4	1 mile		1 mile		1 mile			3 miles	9 miles
5	1 mile		1 mile		1.5 mile			3.5 miles	12.5 miles
6	1.5 miles		1 mile		1.5 miles			4 miles	16.5 miles
7	1.5 miles		1 mile		1.5 miles			4 miles	20.5 miles
8	1 mile		1 mile			1 mile race (including 0.5 mile warm up and cool down with group)		3.5 miles	24 miles

*Teacher(s) overseeing the running program is responsible for helping students maintain a distance log. Distance logs should remain at the school with the overseeing teacher(s) in order to properly track progress.

On your mark, get set, give them a healthy start.





STUDENT DISTANCE LOG TEMPLATE 2: Culminating Event- Participating in the Last 1.2 Miles of a Local Marathon

Student Name: _____

Start Date: _____

Final Event: _____

Final Event Date: _____

My personal running goal is: _____

I am committed to running because: _____

Student Signature _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Overall Total
1	.75		.75		1 mile			2.5	
2	.05		1 mile		1 mile			2.5	5
3	1 mile		1 mile		1 mile			3	8
4	1 mile		1 mile		1 mile			3	11
5	1 mile		1 mile		1 mile			3	14
6	1 mile		1.5 miles		1.5 miles			4	18
7	1 mile		1.5 miles		1.5 miles			4	22
8	1.5			1.5		Last 1.2 miles of marathon as culminating event		4.2	26.2

*Teacher(s) overseeing the running program is responsible for helping students maintain a distance log. Distance logs should remain at the school with the overseeing teacher(s) in order to properly track progress.



STUDENT DISTANCE LOG TEMPLATE 3: Culminating Event- 5K Run (example for more advanced students)

Student Name:

Start Date:

Final Event:

Final Event Date:

My personal running goal is:

I am committed to running because:

Student Signature _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Overall Total
1	1 mile		1 mile		1.5 mile			3.5 miles	3.5 miles
2	1 mile		1.5 miles		1.5 miles			4 miles	7.5 miles
3	mile		1.5 miles		2 miles			5 miles	12.5 miles
4	2 miles		2 miles		2 miles			6 miles	18.5 miles
5	2 miles		2.5 miles		2.5 miles			7 miles	25.5 miles
6	2.5 miles		3 mile mock race		2.5 miles			8 miles	33.5 miles
7	2.5 miles		2.5 miles		2.5 miles			7.5 miles	41 miles
8	2 miles		2 miles			3.1 mile race		7.1 miles	48.1 miles

*Teacher(s) overseeing the running program is responsible for helping students maintain a distance log. Distance logs should remain at the school with the overseeing teacher(s) in order to properly track progress.



Tucson Marathon Family Fitness Fest Training Planner

My goals for training for the Tucson Marathon Family Fitness Fest are:

The buddy that is going to help me accomplish this is:

I'm going to accomplish these goals by:

Plan and track your progress:

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							