

TRAIL & KALE

8-WEEK 'COUCH TO 5K' TRAINING PLAN

Visit trailandkale.com/tips/couch-to-5k-plan-beginner-runners/ for your **companion guide** containing training tips & motivation to keep you on track to run your first 5k!

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	<u>REPEAT X5</u> 30 sec run + 90 sec walk	Rest	CORE 30 mins	<u>REPEAT X6</u> 30 second run 60 second walk	Rest	<u>REPEAT X7</u> 60 second run 60 second walk
2	Rest	<u>REPEAT X10</u> 60 sec run 30 sec walk	Rest	CORE 30 mins	<u>REPEAT X8</u> 90 second run 30 second walk	Rest	<u>REPEAT X10</u> 90 second run 30 second walk
3	Rest	<u>REPEAT X7</u> 2 minute run 1 minute walk	Rest	CORE 30 mins	<u>REPEAT X8</u> 2 minute run 30 second walk	Rest	<u>REPEAT X7</u> 3 minute run 1 minute walk (x7)
4	Rest	<u>REPEAT X7</u> 3 minute run 1 minute walk	Rest	CORE 30 mins	<u>REPEAT X5</u> 4 minute run 1 minute walk	Rest	<u>REPEAT X5</u> 5 minute run 1 minute walk (x5)
5	Rest	<u>REPEAT X3</u> 6 minute run 1 minute walk	Rest	CORE 30 mins	<u>REPEAT X3</u> 7 minute run 1 minute walk	Rest	<u>REPEAT X3</u> 8 minute run 1 minute walk (x3)
6	Rest	<u>REPEAT X3</u> 8 minute run 30 second walk	Rest	CORE 30 mins	<u>REPEAT X3</u> 10 minute run 1 minute walk	Rest	15 minute run 2 minute walk 15 minute run
7	Rest	20 minute run 5 minute walk 15 minute run	Rest	CORE 30 mins	20 minute run 4 minute walk 15 minute run	Rest	20 minute run 3 minute walk 15 minute run
8	Rest	20 minute run 2 minute walk 15 minute run	Rest	CORE 30 mins	25 minute run 2 minute walk 10 minute run	Rest	5k RACE DAY! Run 5k over 30-40 minutes, at a steady pace

Before every run:

- Spend a few minutes warming up your body with a brisk walk to elevate your heart rate
- Spend 5 minutes doing dynamic stretches (here's our [list of stretches](#) with video demonstrations)

During your run:

- Focus on movement, not your speed. Speed will come with time!
- Match your breathing to your [cadence](#). Try breathing in every 2 steps and out every 2 steps when you run. Here are some more [breathing tips for runners](#).

After every run:

- Spend 2-3 minutes walking until your heart rates comes back down
- Spend at least 5 minutes doing static stretches to help with flexibility and recovery

Exercises for your 30 minute weekly core session (spend around 2 minutes on each and repeat 3x):

- Glute bridges
- Bird-dog
- Downward dog yoga pose
- Plank
- Side plank
- Bicycle abs

Remember, if you're feeling tired or need more time to recover between run sessions, consider taking an extra day or two to recover, and repeat a week if necessary.