



# COUCH TO 5K

## PROGRAM OVERVIEW

Kick off your running game with our couch to 5k program. This program will start you off with a 1 minute run and progress to you being able to run an entire 5k (3.1miles) in just 10 weeks. This program combines our strength routines with run training workouts to get you to the finish line feeling accomplished!

**Average weekly endurance time requirements:** 1hr 53min

**Average weekly total time requirements:** 3hr 23min

**Suggested beginner level:** Able to run 1 minute

**Ending level:** 45min run

**Program length:** 10 weeks

## THE WORKOUTS

This program combines 3 days of endurance training per week with 3 days of strength training workouts. Endurance workouts are detailed in the program to follow. The strength workouts will follow the traditional Fit Collective Online strength training program.

**STRENGTH:** On your strength workout days, just login to your Fit Collective Online account and get your sweat by following our online strength program. Strength is a critical part to making your running more efficient and helping you to avoid injury.

**ENDURANCE:** Make your endurance workouts more than just getting in the running time. Each run workout should be purposeful and follow the detailed routine indicated on the schedule. Most of this couch to 5k routine is about building an aerobic base. Workouts are designed in specific intervals to help get you to your 5k goal. Try to keep your intensity lower to help increase your endurance stamina and avoid burning out during the intervals too soon.

**RECOVERY:** Recovery is a key element of any training program. Spend at least 1 day per week doing some extra foam rolling, stretching, and recovery work. If you have extra time, try to get a few extra sessions of recovery work in during your week.



# COUCH TO 5K

## **NUTRITION STRATEGIES**

Nutrition is a critical part to keeping you healthy and making your training program a success. We break nutrition down into 3 main categories; daily nutrition, training nutrition, and race nutrition. By following a few simple guidelines you can help keep your energy high, improve your performance, reduce inflammation, and manage your body composition.

### **DAILY NUTRITION:**

Maintaining a balanced and healthy daily diet is paramount in the success of your training. We suggest primarily following the kill it and grow it principle. This means picking foods you can either grow or kill. Choose lots of plant based food that you can grow (broccoli, bell peppers, spinach, kale, blueberries, cherries, oranges, avocados, just to name a few). Make sure to package your meals with protein rich sources to help rebuild and repair your working muscles (salmon, mackerel, halibut, eggs, turkey, chicken, beef, buffalo, etc.) Healthy fats are also important to provide energy, help nerve conduction, and improve vitamin absorption. Some of our favorite fat sources are (avocados, extra virgin olive oil, fish oils, coconut oil, ghee butter, etc.)

Carbohydrates are also an important fuel utilized in endurance training and help provide a large portion of the energy to your muscles during your workouts. This is especially true at higher levels of intensity. Try to get your carbohydrates from non-processed sources. Oats, rice, quinoa, squash, zucchini, and sprouted grains are good options. Try to avoid breads, pastas, and other processed forms.

One of our favorite mantras about food and training is “Eat to train, don’t train to eat.” This means that the primary purpose of eating is to support and provide nutrition for your training and workouts. Just because you are training hard and burning calories is not an excuse to eat whatever you want. With that said, we believe that nutrition strategies should be sustainable. It is ok to treat yourself once in awhile as long as it doesn’t result in you derailing your nutrition plan for weeks on end. Have a piece of birthday cake for your birthday, but don’t make it a daily habit.

Hydration is also important. Make sure to drink plenty of water throughout your day and keep your urine color pale yellow to clear. Urine color is the best household hydration test. Thirst is not an adequate indicator of hydration status. When you are thirsty, you are already dehydrated.



# COUCH TO 5K

## **NUTRITION STRATEGIES CONTINUED...**

### **TRAINING NUTRITION:**

Your nutrition strategy surrounding your workouts should be slightly different than your nutrition intake throughout the rest of the day. It is best to have a mini meal in the 2-3 hours before your workout and continue to hydrate in the time leading up to your workout. The meal prior to your workout should be lower in fat content and not full of spices to avoid stomach and gut issues in the workout to follow.

If you are working out early in the morning, it is unlikely that you have the ability to eat 2-3 hours before your workout. In this case, it is best to get some nutritional intake within the hour before the workout. This light snack should be a bit more carbohydrate in nature to allow for easy digestion and avoid stomach issues during the workout. A banana, natural energy bar (Rx bar or Larabar), or similar can be a good choice if pinched for time.

During your training, we suggest only drinking water as needed if you are exercising in warm environments. If you are exercising in cooler temperatures, you may not need any additional fluid intake during your workouts.

Remember to follow your workout with a source of protein and carbohydrate in the first 30-minutes after the workout and continue to hydrate. Receptors on the cell membranes are most ready for nutrient uptake in the half-hour immediately following the workout. Protein smoothies make a great post-workout nutrition option.

### **RACE NUTRITION:**

The general rule on nutrition is that if it worked in training, it might work for the race. Don't try anything new in the 24 hours before a race. Stick with tried and true foods that settle well with your stomach. Race nutrition is very individualized, but we suggest getting up early enough to have a light meal prior to your race. Make sure to stick with a breakfast that you have tried in the past.

### **FINAL THOUGHTS ON NUTRITION:**

Nutrition for people exercising is a very individualized. What works for some people before a workout or during training, may not work for others. The best thing is to experiment and fine tune a nutrition strategy that will work for you!

# COUCH TO 5K

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 4min	Workout 2	Walk 4min	Workout 3	Walk 4min	Foam roll
		Run 1min		Run 1min		Run 1min	Stretch
		Repeat x6		Repeat x6		Repeat x6	
<b>Time:</b>	30	30	30	30	30	30	30
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 3min	Workout 2	Walk 3min	Strength workout	Walk 3min	Foam roll
		Run 2min		Run 2min	Workout 3	Run 2min	Stretch
		Repeat x6		Repeat x6		Repeat x6	
<b>Time:</b>	30	30	30	30	30	30	30
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 2min	Workout 2	Walk 2min	Strength workout	Walk 2min	Foam roll
		Run 3min		Run 3min	Workout 3	Run 3min	Stretch
		Repeat x6		Repeat x6		Repeat x6	
<b>Time:</b>	30	30	30	30	30	30	30
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 2min	Workout 2	Walk 2min	Workout 3	Walk 2min	Foam roll
		Run 3min		Run 3min		Run 3min	Stretch
		Repeat x8		Repeat x8		Repeat x8	
<b>Time:</b>	30	40	30	40	30	40	
WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 2min	Workout 2	Walk 2min	Workout 3	Walk 2min	Foam roll
		Run 3min		Run 3min		Run 3min	Stretch
		Repeat x8		Repeat x8		Repeat x8	
<b>Time:</b>	30	40	30	40	30	40	
WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 1min	Workout 2	Walk 1min	Workout 3	Walk 1min	Foam roll
		Run 4min		Run 4min		Run 4min	Stretch
		Repeat x8		Repeat x8		Repeat x8	
<b>Time:</b>	30	40	30	40	30	40	
WEEK 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 1min	Workout 2	Walk 1min	Workout 3	Walk 1min	Foam roll
		Run 4min		Run 4min		Run 4min	Stretch
		Repeat x9		Repeat x9		Repeat x9	
<b>Time:</b>	30	45	30	45	30	45	
WEEK 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 1min	Workout 2	Walk 1min	Workout 3	Walk 1min	Foam roll
		Run 8min		Run 8min		Run 8min	Stretch
		Repeat x5		Repeat x5		Repeat x5	
<b>Time:</b>	30	45	30	45	30	45	
WEEK 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>Recovery</b>
	Workout 1	Walk 1min	Workout 2	Walk 1min	Workout 3	Walk 1min	Foam roll
		Run 14min		Run 14min		Run 14min	Stretch
		Repeat x3		Repeat x3		Repeat x3	
<b>Time:</b>	30	45	30	45	30	45	
WEEK 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout:</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>Aerobic</b>	<b>TFC Online</b>	<b>5k EVENT</b>	<b>Recovery</b>
	Workout 1	Run 45min at a sustained pace as tolerated	Workout 2	Run 45min at a sustained pace as tolerated	Workout 3		Foam roll
							Stretch
<b>Time:</b>	30	45	30	45	30		