



| Couch to 5k

About the program:

The COUCH TO 5K is a fantastic program that is designed to get just about anyone from the couch to running 5 kilometers in just 8 weeks. This training program is not a secret – you can download the same C25K app that this program uses. If you are able to do it on your own, great! Just download the app and get moving!

However, if you need a little encouragement and accountability that a team provides, the COUCH TO 5K program might be a good fit for you.



Success will be measured by completing the 5k on race day. In addition, you will also gain additional tools to help you along this journey, such as:

- Personalized coaching to encourage and support your efforts;
- Topics related to self-care (e.g. nutrition, stretching, cross-training); and
- Being part of a group that is motivated to begin being active!

Program Design:

The COUCH TO 5K program is an 8-week program that follows the C25K app. There will be two group runs each week and one homework run. This program design is to offer the support of the group but also give you the opportunity to run on your own to build autonomy in your running habit. The expectation is that you run 3 times a week for 8 weeks to prepare for race day.

Schedule:

Meeting on Tuesday and Thursday afternoons at 5:30PM we will run as a group. Each week, the coaches will send you a HOMEWORK DESTINATION RUN that you will run on your own. You will be provided a schedule, distance, and location that is up to you if you do or not. If you don't, you will only be hurting yourself.

WEEK 1: March 6 & 8 + homework destination run

WEEK 2: March 13 & 15 + homework destination run

WEEK 3: March 20 & 22 + homework destination run

WEEK 4: March 27 & 29 + homework destination run

WEEK 5: April 3 & 5 + homework destination run

WEEK 6: April 10 & 12 + homework destination run

WEEK 7: April 17 & 19 + homework destination run

WEEK 8: April 24, 26 & 28 – EVENT DAY: Have a Heart Run

Self-Care Topics:

WEEK 1: Running Shoes – which one is right for you?

WEEK 2: Stride and Running Mechanics

WEEK 3: Nutrition

WEEK 4: Stretching and Yoga

WEEK 5: Running and Wellness

WEEK 6: Cross-training

WEEK 7: Intervals

WEEK 8: Race Day Prep and what to do after the Have a Heart Run