

DWILETT

PRESENTS

Couch to 5K Training Plan

CELEBRATING

50 YEARS



**TURKEY
TROT**

**KENNESAW STATE
UNIVERSITY**



**KENNESAW STATE
UNIVERSITY**
DIVISION OF STUDENT AFFAIRS
Sports and Recreation

WARM UP

Exercise	Sets Reps/Distance	Considerations
Toe Walk	1 set. 10 yards/meters.	Like a walking calf raise.
Heel Walk	1 set. 10 yards/meters.	
High Knees	1 set. 20 yards/meters.	Get knees to chest height.
Butt Kicks	1 set. 20 yards/meters.	
Frankensteins	1 set. 20 yards/meters.	Keep legs straight.
Alternating Lunges	1 set. 10 yards/meters.	
Inchworm	1 set. 10 yards/meters.	Only allow hip to bend.
Bodyweight Squats	1 set. 10 reps.	Increase depth every rep.
Vertical Jumps	1 set. 5 reps.	Increase height every rep.
Broad Jumps	1 set. 5 reps.	Jump/land on stable surface.

COOL DOWN

Exercise	Sets Time	Considerations
Standing Side Bend	1 set. 10 seconds.	Each side.
Standing Body Twists	1 set. 10 seconds.	
Quad Pull	1 set. 10 seconds.	Each side.
Calf Stretch	1 set. 10 seconds.	Each side.
Forward FOld	1 set. 30 seconds.	
Runner's Lunge Stretch	1 set. 20 seconds.	Each side.
Figure Four	1 set. 20 seconds.	Each side.
Butterfly Pose	1 set. 30 seconds.	
Pigeon Pose	1 set. 20 seconds.	Each side.

4 - Week Plan

Week One

Day 1 - 1 Mile Run

Intensity: 5/10

1st workout so keep this light and easy. The goal is to complete the mile, not to run it fast. We need to think about shin splint possibilities as well which is why going slow matters here. You should not feel exhausted after this.

Day 2 - 4x Half Mile Runs

Intensity: 6/10

1st workout so keep this light and easy. The goal is to complete the mile, not to run it fast. We need to think about shin splint possibilities as well which is why going slow matters here. You should not feel exhausted after this.

Week Two

Day 1 - 1 Mile Run

Intensity: 6/10

Depending on how you feel, run 10-30 seconds faster than last week's mile.

Day 2 - 1 Mile Run

Intensity: 5/10

Similar pace to your Week 1, 1 Mile Run. You can go slower if needed.

Week Three

Day 1 - 2 Mile Run

Intensity: 4/10

30-60 seconds slower pace than your Week 1, 1 Mile Run. You should not feel exhausted after this, but you may start to notice your joints aching. That is okay, just make sure to recover appropriately.

Day 2 - 3x 1 Mile Run

Intensity: 6/10

Take 4-7 minutes breaks in-between each mile run. Try running each mile 5-10 seconds faster than the last mile. Slow progression while tired will make your body stronger to resist fatigue. At any point, you don't have to take a break and can keep running, but you must complete the 3 miles.

Week Four

Day 1 - 3 Mile Run

Intensity: 4/10

Try running 15-30 seconds slower than the Week 2, 3-Mile Run. This is the beginning of your taper and this workout should feel more like a strong jog than a run. You should feel in control of your pace and breathing.

Day 2 - 1 Mile Run

Intensity: 6/10

1st workout so keep this light and easy. The goal is to complete the mile, not to run it fast. We need to think about shin splint possibilities as well which is why going slow matters here. You should not feel exhausted after this.

Optional Group Run Days

Week One

Group 1.5 Mile Run

Intensity: 3/10

Group will run at a conversational pace so that everyone can accumulate miles. The goals here are to increase weekly mileage, not speed. This should feel like a comfortable jog.

Week Two

Group 3 Mile Run

Intensity: 2/10

Group will run at a conversational pace so that everyone can accumulate miles. The goals here are to increase weekly mileage, not speed. This should feel like a comfortable jog. Congratulations! This is just short of a 5K run.

Week Three

Group 2x 2.5 Mile Runs

Intensity: 4/10

Take a 5-10 minute break after the first 2.5-mile run. Group will run at a conversational pace so that everyone can accumulate miles. The goals here are to increase weekly mileage and to increase speed. This should feel like a strong jog.

Week Four

Turkey Trot Day

Intensity: 10/10

Have fun, do your best, and see what you're capable of!

